



JUMPING BEAN COUSCOUS SALAD

This recipe serves 4

INGREDIENTS

- 200g couscous
- 1 dessertspoon bouillon powder
- 250ml boiling water
- ½ red onion - peeled and thinly sliced
- ½ red pepper - de-seeded and chopped
- 1 x 125g canned sweetcorn - drained
- 2 tablespoons parsley - finely chopped
- 1 x 410g can kidney beans - rinsed and drained
- 2 oranges

EQUIPMENT

- mixing bowl
- dessertspoon
- fork
- plate
- chopping board
- sharp knife
- can opener
- tablespoon
- lemon squeezer

HOW TO MAKE IT

1. Put the couscous and bouillon powder in the mixing bowl. Add the boiling water and stir. Then cover the bowl with a plate for about 15 minutes so that the couscous steams and swells.

2. Slice the onion and red pepper and chop the parsley. Peel and slice one of the oranges into rounds, then cut each slice into quarters. Cut the other orange in half and squeeze the juice from it.

3. Separate the couscous grains with a fork. Add the onion, red pepper, parsley, some of

the sliced and cut orange, and the beans.

4. Pour over the orange juice, mix well and serve, decorate with orange slices.