



# INSTRUCTION CARD - COOKING COUSCOUS

(SERVES 4)

## INGREDIENTS:

1½ cups of water  
Canola oil

1 cup of couscous  
2 spring onions (optional)

## UTENSILS:

Saucepan with lid  
Measuring cup  
Wooden spoon

Fork  
Bowls

## OPTIONS:

- For additional flavour, you can add spring onions before serving.

## METHOD:

1. Add 1½ cups of water to a saucepan and bring to the boil. Add few drops of canola oil to the boiling water.
2. Pour 1 cup of couscous into the water, stirring with a wooden spoon.
3. Place the lid on the saucepan and remove from heat. Let the couscous stand for five minutes to cook through.
4. Fluff up the couscous with a fork before serving as the grains tend to stick together while cooking.
5. Divide into 4 bowls to serve and top with chopped spring onion if desired.