



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.



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