

Spiced Cous-Cous Salad

Season: Summer

Type: Salad

Difficulty: Moderate

Serves: 40 tastes or 20 small portions

Fresh from the garden: Zucchini; Parsley; Chives; Mint

Recipe source: Interpreted from Sally Freeman's recipe, Kitchen Specialist SAKG, Mount Eliza Primary.

Equipment:	Ingredients:
<ul style="list-style-type: none"> • Large jar with lid • Sharp knife • Chopping board • Mortar & Pestle • Large saucepan and lid • Kettle • Lemon juicer • Lemon zester • Large bowl • Wooden spoon • Serving bowls 	<ul style="list-style-type: none"> • 500 grams cous-cous • 625 ml boiling water • 1/3 cup olive oil • 3 tablespoons vegetable stock (Massel) • 1 cup sultanas • 1 medium zucchini • 1/2 onion • 1 red capsicum • 2 teaspoons cumin seed • 2 teaspoons coriander seed • 2 teaspoons fennel seed • 1 cup chopped parsley • 1/2 cup chopped chives • 1/2 cup chopped mint • Juice and zest of one lemon

What to do:

- Finely chop onion, zucchini and capsicum
- Put each spice (cumin, coriander, fennel) in a mortar and pestle and grind (split this job between the group as mortar and pestles are small)
- Put a large saucepan on a medium heat and add olive oil
- Put chopped onion in pot and cook for about 2 minutes
- Add chopped zucchini and cook for a further 2 minutes
- Add chopped red capsicum and cook for another minute
- Add ground spices and cook for a further minute
- SMELL THAT!
- Get your helper to help you get 625ml of boiling water measured from the kettle and add the vegetable stock and carefully stir
- Add cous-cous to pot then pour in hot stock water
- Once it comes to the boil (bubbling) turn off the heat and put the lid on
- Meanwhile finely chop the herbs (parsley, chives and mint) with a knife

- Zest the lemon (with small grater or microplane) then squeeze all the juice into a bowl
- Put all the chopped herbs, sultanas, lemon zest and juice in the saucepan and put the lid on for another minute or two
- Gently stir the mixture and leave to stand with the lid on until ready to serve in serving bowls

Notes

Half this quantity will do for about 5 as a side dish, you can use ground spices or even curry powder instead but there is something special about freshly bashed spice seeds!