



Spicy Couscous

Season: All

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: coriander, lemon, parsley, thyme

Equipment:

metric measuring cups and spoons
medium saucepan
clean tea towel
chopping board
cook's knife
large bowl
mixing spoon
fork
serving platter

Ingredients:

2 cups couscous
2 cups chicken or vegetable stock
1½ tbsp extra-virgin olive oil
2 cups toasted pepitas
4 sprigs of thyme
1 large tsp preserved lemon, skin finely sliced, or zest of 1 lemon
1 tbsp ground coriander
1 tbsp ground cumin
¼ tsp sweet smoked paprika
½ tsp ground cinnamon
1 large handful of parsley, finely chopped
2 large handfuls of coriander, finely chopped
salt, to taste
cracked black pepper, to taste

What to do:

1. Heat the stock in the medium saucepan.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Place the couscous in the large bowl and pour over hot stock.
4. Drizzle with olive oil and allow to steep for 5 minutes.
5. Fluff the couscous granules using a fork.
6. Add the remaining ingredients and mix.
7. Season with salt and pepper. Delicious served with the **Tagine with Dates & Honey** (page 153).

