

SPICED CITRUS COUSCOUS WITH HERB YOGHURT

From our garden: lemons, mandarins, flat-leaf parsley, mint, garlic chives and kale

NOTES TO STUDENTS and VOLUNTEERS:

1. Please focus on your chopping skills.

Equipment

- Measuring spoons
- Measuring cups
- Measuring jug
- Juicer
- Colander
- Micro plane
- Chopping board
- Large knife
- Large Saucepan with lid
- Scissors
- Large mixing bowl
- Small mixing bowl
- Tea towel
- Fork
- Serving bowls for couscous
- Serving bowls for dressing

Ingredients

- 2 cups couscous
- 2 cups water
- 1 tablespoon olive oil
- ¼ cup sultanas
- Zest of 1 lemon
- Juice of 2 mandarins
- ½ teaspoon cinnamon
- ½ teaspoon nutmeg
- Bunch of flat-leaf parsley
- Bunch of kale

Herb Yoghurt

- 1 cup continental yoghurt
- 2 tablespoons lemon juice
- 1 cucumber
- Small bunch of mint
- Small bunch of parsley
- Small bunch of garlic chives

What to do:

Dressing

- Wash, peel and grate the cucumber. Squeeze out the excess juice.
- Zest the lemon using the micro plane (set aside for the couscous). Juice the lemon.
- Wash and dry the herbs with a tea towel. Use the scissors to finely cut the garlic chives. Finely chop the mint and parsley.
- In a small bowl combine the yoghurt, lemon juice, cucumber, mint, parsley and garlic chives. Mix with a fork to combine.
- Divide the dressing equally by spooning the dressing into small bowl. Serve with a teaspoon and place on the dining tables.

CousCous

- Wash and dry the kale and the flat leaf parsley. Chop finely and set aside.
- Juice the mandarins.
- Measure the cinnamon and nutmeg and place in a small dish.
- In a large saucepan heat the water until it boils. Remove from the heat and add the olive oil, lemon zest, mandarin juice, cinnamon and nutmeg. Use a fork to combine and then add the couscous, stir again. Cover with the lid and set aside for 5 minutes or until the liquid is absorbed.
- Use the fork to separate the grains.
- Add the kale, parsley and sultanas. Stir to combine and put on the lid back to keep warm.
- Place the couscous into serving bowls. Don't forget the serving spoons.