Cous Cous Salad

Serves 4 children

Ingredients

250g roasted red peppers (we use Alyena)
1 clove of garlic, crushed
150g sweetcorn
150g petit pois
100g cous cous
1tbsp lemon juice
1tbsp chopped flat leaf parsley
150g tinned cannellini beans
1tbsp extra virgin olive oil
Pinch of sea salt
Few grinds of black pepper

You'll need a food processor for this recipe.

Method

Rinse the cous cous in cold water. In a saucepan, bring 150ml of salted water to a boil and add the cous cous. Give the pan a stir then put a lid on the pan and turn the heat off.

Remove from the heat and let the pan stand for 10 minutes. Separate the grains using a fork.

To make the dressing put the olive oil, lemon juice, parsley, garlic and roasted peppers into a food processor and blend together until smooth.

At this stage, taste the dressing and season with salt and pepper if you think it needs it.

You might want an extra dash of lemon juice or an extra pepper from the jar. When we make it for the children we tend to keep it quite sweet so the flavour of the sweet peppers is dominant.

Rinse the cannellini beans in cold water.

Next, add the dressing, beans, sweetcorn and peas to the cous cous and mix it all together thoroughly. Taste again just before serving to check the seasoning.

Now you can all tuck in!

For a different flavour combination try sundried tomatoes and fresh basil instead of peppers and parsley.

TWO TEASPOONS
COOKERY