

Recipes at Kids Allowed

Mediterranean Couscous

Ingredients you'll need... (these are estimates based on feeding a family of four)

- 1 red green and yellow pepper
- 1 small red onion finely diced
- 6 mushrooms diced
- 10 cherry tomatoes halved
- Handful of fresh coriander
- 500g Couscous

What to do...

- Sweat all the vegetables except the tomatoes and Coriander in the following ingredients -
 - 4 tbsp olive oil
 - 2 tbsp Lemon Juice
 - 1 tbsp Mustard
 - 1 Teaspoon garlic Puree
 - Black Pepper
 - 1tbsp Butter or marg
- Boil the couscous
- Once boiled, add the vegetables to the couscous
- Finish off with the tomatoes and fresh coriander.

Enjoy!

