

## GARDEN TO TABLE

### RECIPE: COUSCOUS SALAD (from Delia Smith)

#### VOLUNTEER NOTES :

- the vegetables to roast will vary depending on what is in season or ready to harvest (beetroot, pumpkin, parsnips, carrots)
- Year 4 will have vegetables already roasted by the Year 5 class
- focus on measuring skills. Use scales to measure solids in grams (g) and liquids in millilitres (mL)

| What to collect  | Ingredients                                                                           |
|------------------|---------------------------------------------------------------------------------------|
| Measuring spoons | 1 quantity of roasted vegetables                                                      |
| Electronic scale | olive oil                                                                             |
| Saucepan and lid | Baby spinach leaves                                                                   |
| Chefs knives     | 500 ml vegetables stock (use liquid stock or a stock cube dissolved in boiling water. |
| Chopping boards  | 250 g couscous                                                                        |
| Wooden spoon     | salt and pepper to taste                                                              |
| Large bowl       | 100 g feta cheese                                                                     |
| Roasting pan     | <b><u>For the dressing:</u></b>                                                       |
| Heatproof bowl   | 110 ml olive oil                                                                      |
| Salad spinner    | 2 tablespoons ground cumin                                                            |
| Jar for dressing | 4 tablespoons tomato puree                                                            |
|                  | 4 tablespoons lemon juice                                                             |

1. Preheat the oven to 180°C. Cut the vegetables into 2 cm cubes. Place in a roasting pan and toss in the olive oil. Bake until tender.
2. Bring the stock to the boil. Place the couscous in a large heatproof bowl, then pour the boiling stock over it, add some salt and pepper, stir it with a fork, cover and then leave for 5 minutes.
3. Cut cheese into sugar-cube sized pieces.
4. Wash and prepare spinach leaves.
5. Put all the dressing ingredients together in a jar with a lid
6. Use a fork to loosen the couscous, add the cubes of cheese and vegetables and toss lightly to mix
7. Drizzle the dressing over the top and toss gently.
8. Divide onto 4 serving plates and top with the spinach leaves