






Recipe Sheet: Cous cous with roasted vegetables



Portions: 2

Shopping List:

Photo	Item
	150g cous cous
	2 peppers
	1 Courgette
	2 handfuls of fresh spinach
	1 Red onion




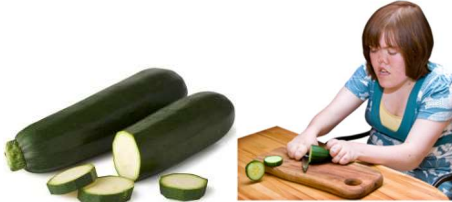
	14 cherry tomatoes
	1 clove garlic
	1 tablespoon of olive oil
	$\frac{1}{2}$ Lemon
	2 tablespoons of fresh parsley







Preparation:





Task	Photo
Get Apron and Hat	
Wash Hands	
Get equipment ready	<ul style="list-style-type: none">• Bowl• Measuring Jug• Weighing scales• Colander• Lemon squeezer + glass• Chopping board for vegetables• Chopping knife• Oven gloves• Oven• Bowl• Baking tray• Kettle• Cooking spoon• Tablespoon• Cutlery• 2 x serving plates
Get ingredients ready	<ul style="list-style-type: none">• 150g Cous cous• 250ml of boiling water• 2 Peppers, deseeded and quartered• 1 Courgette, cut into slices• 1 Red onion, cut into wedges




	<ul style="list-style-type: none"> • 14 Cherry tomatoes • 1 clove <i>Garlic</i>, finely sliced • 1 tablespoon of olive oil • $\frac{1}{2}$ <i>Lemon</i>, the grated rind and juice • 2 tablespoons of chopped fresh parsley
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Recipe:

Photo	Task
	<p>Preheat the oven to 200C/ Gas 6/fan oven 180C.</p>
	<p>Use the colander to wash: 2 peppers 1 courgette 14 cherry tomatoes</p> <p>Put the tomatoes onto the baking tray.</p>
	<p>Use the chopping board and a knife to cut the 2 peppers into quarters and remove the seeds.</p> <p>Put the pieces of pepper onto the baking tray.</p>
	<p>Use the chopping board and a knife to cut the courgette into slices.</p> <p>Put the pieces of courgette onto the baking tray.</p>

	<p>Use the chopping board and a knife to cut the red onion into wedges.</p> <p>Put the pieces of onion onto the baking tray.</p>
	<p>Remove the skin from 1 clove of garlic and use the chopping board and a knife to cut the garlic into small pieces and add it to the baking tray.</p>
	<p>Measure out 1 tablespoon of olive oil and pour it over the vegetables.</p> <p>Mix the vegetables with the oil until they are all coated.</p>
	<p>Use the oven gloves to put the baking tray into the oven and roast for 35 to 40 minutes.</p> <p>Use the oven gloves to take the baking tray out every 10 minutes to stir the vegetables.</p> <p>Note: Be careful of the hot baking tray.</p>
	<p>Fill the kettle and turn it on to boil the water.</p>
	<p>Weigh 150g cous cous then add it to the bowl.</p> <p>Carefully measure 250ml of boiling water in the measuring jug. Pour this</p>

	<p>water into the bowl and mix with a spoon.</p> <p>NOTE: Be careful of the hot water and the steam.</p>
	<p>Wash the colander, chopping board and knife.</p>
	<p>Put a handful of parsley in the colander to wash.</p> <p>Use the chopping board and a knife to cut the parsley and measure out 2 tablespoons of chopped fresh parsley.</p> <p>Add the parsley to the bowl and mix with a spoon.</p>
	<p>Put 2 handfuls of spinach in the colander to wash.</p> <p>Put the spinach on the serving plates</p>
	<p>Wash one lemon.</p> <p>Use the chopping board and a knife to cut the lemon in half.</p> <p>Use a lemon squeezer to juice half the lemon, remove any pips and add the juice to the bowl.</p>

	<p>After the vegetables have been cooking for 35-40 minutes turn off the oven. Use the oven gloves to carefully take out the baking tray.</p> <p>Note: Be careful of the hot baking tray. Make sure the oven is turned off.</p>
	<p>Use a fork to check the vegetables are soft and cooked all the way through.</p> <p>Use a spoon to add the vegetables to the bowl and mix all the ingredients together.</p>
	<p>Stir it together and then serve onto the 2 plates.</p>