

# Corn, Carrot & Couscous

Bialik College Kitchen Garden Program



## Ingredients:

- 2 packets of Israeli couscous
- 4 cobs sweetcorn
- 1 carrot, grated
- 2 spring onions, finely sliced
- ½ cup mixed seeds, toasted
- 2 tablespoons parsley, chopped
- 3 tablespoons rice bran oil
- 2 tablespoons lemon juice
- ½ teaspoon ground cumin

## Equipment:

- saucepan x 2
- chopping board
- knife
- metric measuring spoons/cups
- grater
- frying pan

## Method:

1. Cook couscous according to the packet instructions and set aside to cool.
2. Cook sweetcorn in a saucepan of boiling salted water for 5 minutes until tender.
3. Once cooked and cool enough to handle, slice kernels off the sweetcorn and place in a bowl with couscous, carrot, spring onions, seeds and parsley.
4. Whisk together the oil, lemon juice and cumin and pour over salad and serve.