

Couscous with Corn and Herbs

Season: Autumn

Type: Main

Serves: 32 tastings

From the garden: Corn, celery, basil & mint

Class focus: Fluff couscous, cutting corn kernels off the cob



Equipment:	Ingredients:
<p>Large mixing bowl x 1 Small mixing bowl x 1 Large saucepan x 1 Serving plate x 1 (to cover couscous) Kitchen tong x 1 Wooden spoon x 1 Whisk x 1 Chopping boards and knives Measuring cups Measuring spoons Fork x 1 Serving bowl x 5 Serving spoon x 5</p>	<p>2 corn on the cob (see below instructions)</p> <p>2 cups couscous ¾ teaspoon salt 2 cups boiling water (from kettle)</p> <p>1 can chickpea (rinsed & drained) A bunch of celery (stem only, finely chopped)</p> <p><i>Dressing:</i> 2 tablespoons olive oil 1 tablespoon maple syrup 1 tablespoon white wine vinegar 2 sprigs basil (leaves only, finely chopped) 2 sprigs mint (leaves only, finely chopped) ¼ teaspoon salt 10 grinds of pepper</p>

What to do:

1. Wash all the vegetables and herbs.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Boil the corn in a large saucepan filled with hot water from the kettle for 5 minutes.
4. Remove corn from water, allow to cool and cut the corn kernels off the cob.
5. Put couscous, salt and water in a large mixing bowl, cover and set aside for 5 minutes.
6. Combine all the dressing ingredients in a small mixing bowl, set aside.
7. Fluff couscous with a fork, add the rest of the ingredients including dressing, mix gently.
8. Serve into 5 serving bowls with a serving spoon in each.

For gluten free option:

Please let Angela know when you have completed **Step 6** so she can take a portion of the ingredients out to make a gluten free version for the gluten intolerance students.