

## Zucchini, tomato & Basil Couscous

**Season:** Autumn

**Type:** Main

**Serves:** 32 tastings

**From the garden:** Zucchini, tomato & basil

**Class focus:** Fluff couscous, cutting zucchini & chopping herb



Equipment:	Ingredients:
<p>Large mixing bowl x 1 Small mixing bowl x 1 Large frying pan x 1 Wooden spoon x 1 Whisk x 1 Chopping boards and knives Measuring cups Measuring spoons Fork x 1 Serving plate x 1 (to cover couscous) Serving bowl x 5 Serving spoon x 5</p>	<p>2 cups couscous <math>\frac{3}{4}</math> teaspoon salt 2 cups boiling water (from kettle)</p> <p>1 tomato (cubed - 1cm)</p> <p>1 zucchini (skin on, cubed – 1cm, see cooking instructions below)</p> <p>1 tablespoon olive oil</p> <p><i>Dressing:</i> 2 tablespoons olive oil 1 tablespoon maple syrup 1 tablespoon white wine vinegar 3 sprigs basil (leaves only, finely chopped) <math>\frac{1}{4}</math> teaspoon salt 10 grinds of pepper</p>

### What to do:

1. Wash all the vegetable and herb.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Put couscous, salt and water in a large mixing bowl, cover and set aside for 5 minutes.
4. Meanwhile, put zucchini and olive oil in a large frying pan, cook over high heat until zucchini is tender, about 5 minutes.
5. Remove from the heat.
6. Combine all the dressing ingredients in a small mixing bowl.
7. Fluff couscous with a fork, add tomato, zucchini and dressing, mix gently.
8. Serve into 5 serving bowls with a serving spoon in each.

### For gluten free option:

Gluten free pasta will be provided to replace couscous for students with gluten intolerance.