



Plum Tree House Cook School

Couscous with Almonds Mint & Coriander

Serves 6

Approximately 1 cup, (about 60 grams per person) dry couscous

½ cup chopped almonds, toasted

½ cup currants

1 cup boiling water, chicken or vegetable stock

Salt to season

80 grams butter or oil

1 packed cup mint leaves, roughly chopped

1 packed cup coriander leaves, roughly chopped

Place the couscous in a bowl and add the salt. Pour over the boiling water or stock and cover with a lid. Leave for 5-10 minutes for the water to be absorbed.

Remove the lid add the butter or oil, chopped almonds and apricots and fluff with a fork. Fold through the herbs and serve.

Options:

Use bulgur wheat or millet instead of couscous (they need a little longer cooking time though). Try pumpkin, sunflower or sesame seeds instead of almonds. Try chopped dates or apricots in place of currants, parsley or chives in place of coriander.

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