



# Spicy Couscous

Season: All

Serves: 30 tastes in the  
classroom or 6 at home

Fresh from the garden: coriander, lemon, parsley, thyme

## Equipment:

measuring cups  
large bowl  
mixing spoon  
fork  
tea towel  
chopping board  
cook's knife  
measuring spoons  
large pot

## Ingredients:

2 cups couscous  
2 cups chicken or vegetable stock  
2 cups toasted pepitas  
4 sprigs thyme  
1 large tsp preserved lemon, skin finely  
sliced, or zest of 1 lemon  
1½ tbsp extra virgin olive oil  
1 tbsp ground coriander  
1 tbsp ground cumin  
¼ tsp sweet smoked paprika  
½ tsp ground cinnamon  
1 large handful parsley, finely chopped  
2 large handfuls coriander, finely chopped  
salt  
cracked black pepper

## What to do:

1. Combine the couscous with the stock in the large bowl.
2. Drizzle with olive oil and allow to steep for 5 minutes.
3. Separate the couscous granules with a fork.
4. Add the remaining ingredients.
5. Season with salt and pepper.

