We are ready......

**Chicken and vegetable couscous salad**

****

**Suggested portion**

**Size for recipe**

1–2 years – 130g

3–4 years – 170g

**Ingredients – Serves 5**

**Couscous** 180g

**Water** 225ml

**Cooked chicken** 150g

**Fresh peppers, cored** 60g (½ small)

**Fresh tomato** 85g (1 medium)

**Fresh coriander** ½ teaspoon

**Fresh parsley** ½ teaspoon

**Cucumber** 60g

**Olive oil** ½ tablespoon

**Method**

1. Boil the water and pour over the couscous in a bowl. Cover with cling film and leave to stand for 5 minutes or until all the water has been absorbed.

2. Meanwhile, chop the remaining ingredients.

3. When the couscous is ready, fluff with a fork and stir in the chopped chicken, vegetables, herbs and olive oil. Chill and serve.