

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 ($\frac{1}{2}$ small)
Fresh tomato	85g (1 medium)
Fresh coriander	$\frac{1}{2}$ teaspoon
Fresh parsley	$\frac{1}{2}$ teaspoon
Cucumber	60g
Olive oil	$\frac{1}{2}$ 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.