

Saffron & Raisin Couscous

Season: All

Serves: 30 tastes in the classroom
or 6 serves at home

Fresh from the garden: mint

Equipment:

metric measuring cups,
spoons and scales
clean tea towel
chopping board
cook's knife
saucepan with lid
wooden spoon
fork

Ingredients:

2 cups vegetable stock
1 tsp saffron threads
1 tsp olive oil
¼ tsp salt
370 g couscous
1 cup raisins
1 small handful of mint, finely
chopped



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Fill the saucepan with the vegetable stock. ***Bring to the boil and add the saffron.**
3. Remove from the heat, cover, and let stand for 30 minutes.
4. ***Return the saucepan to the heat, bring to the boil** then stir in the olive oil, salt, couscous and raisins.
5. Remove from the heat, cover, and let stand for a further 30 minutes.
6. Using a fork, fluff the couscous to separate the grains. Taste and adjust the seasoning, if necessary.
7. Stir in the mint.
8. Serve warm or at room temperature.

**Adult supervision required*