

Vegetable cous cous

Cost: 60p per portion

Complete your lunchbox with:

yogurt
mini rice cakes

Ingredients

- 100g cous cous
- low salt vegetable stock cube
- 1 small carrot, grated
- ¼ cucumber, diced
- 50g sweetcorn (tinned, drained)
- ½ red pepper, diced
- 1tsp olive oil
- pinch of mixed herbs (optional)



Method

1. Prepare the raw vegetables

- Grate the carrot (this makes it soft enough for young children).
- Finely dice the cucumber and red pepper.
- Drain the sweetcorn well.

Tip: Keep veg pieces tiny – toddler-friendly and mixes beautifully.

2. Make the couscous

1. Put 100g couscous into a heatproof bowl.
2. Dissolve ½ low-salt stock cube in 150ml boiling water.
3. Pour stock over couscous.
4. Cover with a plate for 5 minutes.



3. Fluff the couscous

- Use a fork to fluff the grains.
- Add 1 tsp olive oil to keep the couscous soft and non-sticky.

4. Mix everything together

- Stir in the grated carrot, cucumber, pepper, and sweetcorn.
- Add a pinch of mild herbs if you want extra flavour.
- Mix well until colourful and evenly combined.

5. Cool and pack

- Let it cool completely before placing it into a child's lunchbox.
- Store in the fridge for up to 24 hours.