



## Cous Cous

Yield: 4 Servings  
Preparation Time: About 20 Minutes

<u>Ingredients:</u>	<u>Equipment:</u>
<ul style="list-style-type: none"><li>• ½ medium-sized onion, cut into small cubes</li><li>• ¼ cup (50mL) chopped dried apricots</li><li>• ¼ cup (50mL) chopped fresh parsley</li><li>• ¼ cup (50mL) currants or raisins (optional)</li><li>• 1 cup (250mL) vegetable stock or chicken stock</li><li>• 1 Tbsp (15mL) olive oil</li><li>• ¾ cup (175mL) whole wheat cous cous or regular</li><li>• Salt and pepper to taste</li></ul>	<ul style="list-style-type: none"><li>• small-sized pot with lid</li><li>• medium-sized pot with lid</li><li>• wooden spoon</li><li>• cutting board</li><li>• small knife</li><li>• kitchen scissors</li><li>• measuring cups</li><li>• liquid measuring cup</li><li>• measuring spoons</li><li>• fork</li></ul>

### Method:

1. Cut **onion** into small cubes. Place flat surface of onion on cutting board and cut into thin slices. Cut the thin slices into thin strips.
2. Cut **apricot** into small pieces with knife or kitchen scissors. Remove leaves from **parsley** stems and tear leaves into smaller pieces. Place in small bowls.
3. In a small-sized pot, heat **stock** to a simmer. Cover and keep warm.
4. Turn on another stove element to a medium heat under a medium-sized pot. Add the **olive oil**.
5. Add **onion** to the oil and cook until softened (about 3 minutes).
6. Add chopped **apricots and currants** (if using) and stir.
7. Add the **cous cous** and stir to combine with the other ingredients. Turn off the heat.

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8. Turn up the temperature under the **stock** so that it reaches a boil. Turn off the heat.
9. Have an adult help you add hot stock to the cous cous mixture. Stir to combine.
10. Cover the pot with a lid. Leave covered for 5 minutes or until the stock is absorbed (no peeking!).
11. Fluff the cous cous with a fork. Season with salt and pepper and add the chopped parsley.