

Couscous Salad (RG)



At a glance

- Ease of preparation: Quick and simple; very child friendly.
- Cost: Relatively inexpensive, especially if you use plain couscous instead.
- Taste: Delicious. Some strong flavours, which can be substituted if required.

A fabulous, fluffy delight!

This is an incredibly simple dish, which is a huge bonus when preparing lunches. With just a bowl, a knife and a chopping board you can prepare a meal that is both filling and fresh. I also think that it looks beautiful, with the rainbow vegetables dotted across a canvas of couscous. This dish works very well as you have the light, fluffiness of the couscous balanced by the crunch of the fresh, raw vegetables. Add in some creamy feta cheese and it is a veritable explosion of taste and textures. If you are looking for a lunch that is simple to prepare (with minimal washing up!) but is also wonderful to eat, then this is the one for you.



Edward's view:

I will also be testing all of the recipes on my son, who is 2 years old, to get a child's perspective on each one. The first thing I would say is that couscous has the potential to be messy, even for the most careful eater – but don't let that put you off! Edward loved the couscous and enjoyed most of the vegetables. I think the raw onion was a bit strong for him and I would maybe substitute it for a different vegetable in future. He also liked the feta, but this could be changed for another cheese, such as cheddar, to cater for the more discerning taste buds!