

# Side dish: vegetable cous-cous

## Recipe and ingredients

**One  
Life  
Suffolk**



500g cous-cous- 70p



1 vegetable stock cube- 50p



160g sweet corn- 70p (tinned or frozen)

100g peas- £1.40 (tinned or frozen)



1. Put the couscous into a container.



2. Dissolve a stock cube (if you are using one) in hot water.



3. Add the water or stock to the couscous and cover with a lid or cover with foil/cling film



4. Leave to stand for 5-10 minutes, until the water is fully absorbed by the couscous.



5. Use a fork to break up the couscous.



6. Add the peas and sweetcorn.



7. Mix well.



Total cost to make vegetable cous-cous recipe £3.03

Based on prices in Tesco's 05/07/20

**Families  
and  
Young People**