Kids’ Couscous Salad



**Ingredients**

* ¼ [cucumber](http://www.bbc.co.uk/food/cucumber)
* 10 [cherry tomatoes](http://www.bbc.co.uk/food/cherry_tomatoes) or 3 larger tomatoes
* 1 [pepper](http://www.bbc.co.uk/food/pepper), any colour
* 2 [spring onions](http://www.bbc.co.uk/food/spring_onion)
* 100g [sweetcorn](http://www.bbc.co.uk/food/sweetcorn), frozen or tinned (drained weight)
* 150g [couscous](http://www.bbc.co.uk/food/couscous)
* small [lemon](http://www.bbc.co.uk/food/lemon), juice only (you can also use [orange](http://www.bbc.co.uk/food/orange))
* 1 tbsp [olive oil](http://www.bbc.co.uk/food/olive_oil)
* 200ml boiling water

Extras you could try adding:

* small bunch herbs, such as [parsley](http://www.bbc.co.uk/food/parsley) and [coriander](http://www.bbc.co.uk/food/coriander)
* small handful [olives](http://www.bbc.co.uk/food/olive), chopped
* small handful dried fruits such as [raisins](http://www.bbc.co.uk/food/raisins), [sultanas](http://www.bbc.co.uk/food/sultanas), chopped [dried apricots](http://www.bbc.co.uk/food/dried_apricot)

What to do

1. Put the couscous into a large bowl, cover with the boiling water and leave for 10 minutes.
2. Fluff up the couscous with a fork and add the lemon juice and oil.
3. Add the cucumber, tomatoes, pepper, onion and sweetcorn then mix it all together.
4. Enjoy your healthy food!