

Parent Guide



@twinklparents

We're excited to share this activity with you. If you are interested in finding more engaging, fun and interesting activities for you and your children, then check out these links to different areas of the [Twinkl Parents](#) website.

games



crafts



puzzles



experiments



word searches



What is this resource and how do I use it?

Follow these instructions to make your own Moroccan couscous at home. This couscous recipe shows you how to make a delicious winter meal from Morocco. Encourage your child to help you measure the ingredients.

What skills does this practise?

Following Instructions

Life Skills - Preparing Food

Cultural Understanding

Further Activity Ideas and Suggestions

For more recipe ideas that you can prepare and make at home with your child, follow this [link](#). Can you find something that you could make as a dessert?

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Moroccan Couscous

Recipe

Ingredients

- fresh vegetables of your choice, e.g. bell peppers, carrots, onion, aubergine (chopped)
- finely chopped garlic
- fresh coriander
- splash of lemon juice
- pinch of salt
- ground black pepper
- spices - turmeric, cumin, cinnamon, coriander
- olive oil
- chicken stock (made with a stock cube and boiling water, around 60ml per person)
- cooked chickpeas
- almonds
- raisins
- couscous (around 60g per person)



Equipment

- oven
- large bowl
- baking tray
- cling film

Method

1. Preheat the oven to 200°C.
2. Grease the baking tray lightly.
3. Add vegetables to the tray, drizzle with oil and season with salt and pepper.
4. Roast the vegetables for around 30-40 minutes.
5. Mix a splash of olive oil, the lemon juice and garlic with the spices (except the turmeric).
6. Add around half a teaspoon per person of turmeric to your jug of stock and mix.
7. Pour the stock over couscous in a bowl and add raisins. Cover the bowl with cling film or a lid and leave to rest for 5 minutes.
8. Add the vegetables, chickpeas, almonds, fresh coriander and lemon mixture and mix together.

We hope the information on our website and resources is useful. However, some ingredients and/or materials used might cause allergic reactions, so if you have any concerns about your own or somebody else's health or wellbeing, always speak to a qualified health professional. Remember, activities listed within the resource should always be supervised by an appropriate adult.