Mr Thomas’ Group

Rocket and Mandarin Cous Cous

Season: Winter

Type: Vegetable

Difficulty: Medium

Serves: 20 tastes

From the garden: rocket, mandarin, celery, parsley

Equipment: Cup measures, Heatproof bowl, Kettle, Fork, Chopping boards, Knives, Herb chopper, Tablespoon, Juicer, Wooden spoon, frypan

Ingredients: 2 cups Couscous, 2 cups Boiling Water, 6 Mandarins + 2 for juice, 2 sticks celery, finely sliced, 2/3 cup Finely Chopped Fresh Flat Leaf Parsley, 1 bunch Rocket, trimmed, finely shredded, 2/3 cup pepitas, toasted, 2 tablespoon Olive Oil

What to do:

- Place couscous in a heatproof bowl.
- Add boiling water. Cover. Set aside for 5 minutes or until liquid has absorbed.
- Using a fork, fluff to separate grains.
- Meanwhile, peel and segment 6 mandarins and juice the other 2.
- Place couscous, mandarin segments, celery, parsley, rocket and pepitas in a bowl.
- Place oil and juice in a screw-top jar.
- Secure lid and Shake to combine.
- Pour over couscous mixture.
- Toss to combine
- Serve