



Breakfast Couscous

When you think of breakfast foods, couscous probably isn't what immediately jumps to mind. But, it's actually a really delicious way to start the day!

Ingredients- serves 2-3

- 100g couscous
- 30g raisins
- 30g flaked almonds*
- 2-3 pinches of ground cinnamon
- 1/2- 1 teaspoon vanilla essence
- 1 small orange
- 100ml milk

Equipment

- Mixing bowl
- Fork
- Saucepan
- Grater
- Wooden spoon

*Please note: whole and broken nuts are not suitable for children under 5

Recipe Method

- 1) **Parent:** fill the kettle and boil
 - 2) **Child:** add the couscous to a mixing bowl
 - 3) **Parent:** cover the couscous in 250ml of boiling water and let it stand for 10 minutes, until absorbed
 - 4) **Parent and child:** soak the raisins in lukewarm water for around 10-15 minutes. Once soft, drain
 - 5) **Child:** use a fork to gently fluff up the couscous
 - 6) **Parent:** toast the almonds by placing them in a dry frying pan over a medium heat and stir for 2 to 3 minutes, until golden brown
 - 7) **Parent and child:** carefully use a grater to zest the orange
 - 8) **Parent and child:** add the raisins, toasted almonds, cinnamon, vanilla essence and orange zest and gently toss together
 - 9) **Parent:** gently warm the milk in a saucepan
 - 10) **Parent:** pour the milk over the couscous and serve!
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Opportunities for Learning

Develop cooking skills: weighing, grating, stirring

Learning: ask your child questions, such as:

- what numbers can you see on the scales?
- what happens when we add hot water to the couscous?
- what shapes can you see?
- what's inside of the orange?
- where does milk come from?
- what colour is the cinnamon?