

**Orange and date couscous**

**Season:** any

**Type:** salad

**Difficulty:** easy

**Serves:** 30-40 tastes

**From garden:** orange, mint

**Source:** taste.com.au

**Allergies:** wheat

|  |  |
| --- | --- |
| **Equipment:**   * Large mixing bowl * Chopping boards * Knives- small and large * Grater * Medium saucepan * Fork * Small jar * Measuring spoons | **Ingredients:**   * 2 cups couscous * 2 cups boiling water * 2 oranges * 1 cup dates * 2 carrots * 1 cup mint * 2 tbs olive oil * 1 tsp cumin * 2 tsp caster sugar |

**What to do:**

1. Place couscous into a medium saucepan. Add boiling water and cover with lid. Set aside for 5 minutes or until liquid has absorbed. Use a fork to separate grains. Allow to cool.
2. Meanwhile, peel and segment oranges (see note below). Then squeeze orange membrane over a bowl and reserve any juice from the chopping board. You should have ½ cup orange juice for your dressing.
3. Cut dates, grate carrots and chop mint.
4. Place couscous, orange segments, dates, carrot and mint in a large mixing bowl.
5. To make dressing, combine orange juice, olive oil, cumin and caster sugar in a small jar, shake and then pour over couscous.
6. Stir and serve in 4 large salad bowls.

**Segmenting an orange:** Using a small knife cut the skin from the top and bottom of the orange, then sit the orange on its flat cut bottom. Cut around the orange in small sections to remove the white pith and skin. You should now have a clean orange with no skin or pith. Now lay orange on its side and cut down either side of the membrane all the way to the centre of the orange to release segments of orange. Continue to work your way around the orange to release all segments.