

1

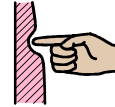
1



2



In a saucepan ,add two tablespoons of olive oil and



fry the onion, carrots and peppers till soft.

2



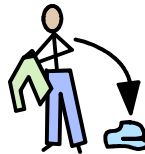
2 Stir in the couscous and the chicken stock



and bring to the boil.

3

3



Cover the saucepan and take off the heat



and wait for 5 minutes.



Vegetable Couscous



Ingredients

1



one onion chopped

2



2 carrots

1



one red pepper

1



one green pepper



two tablespoons of olive oil

1



one cup of uncooked couscous

1



one cup of chicken broth