



Zucchini & Basil Couscous

What to collect

Ingredients	Equipment
1 tablespoon extra virgin olive oil	large saucepan with lid
2 zucchinis, grated	chopping board
½ red onion, finely chopped	knife
2 cloves garlic, finely chopped	metric measuring spoons/cups
1 teaspoon oregano, finely chopped	
2 packets of Israeli couscous	
veggie stock	
grated parmesan	
¼ cup basil, roughly chopped	

What to do

1. Heat a little oil in a saucepan over medium heat. Add zucchini and cook until lightly browned. Place zucchini into a small bowl and set aside.
2. Heat a little more oil in the same pan and add the onion and cook until it has softened. Then add the garlic and oregano and cook for another minute.
3. Cook the couscous according to packet instructions.
4. Gently stir in the zucchini and basil.
5. Serve topped with parmesan and season to taste.