Todays special Couscous with peas

ingredients (per child)

¼ cup vegetable or chicken broth
2 tbsp tomato sauce/puree
2 tbsp frozen peas
½ tsp chilli powder (optional)
¼ cup couscous
1 tbsp grated cheddar cheese

materials (per child)

1 medium microwave safe bowl
1 plate to cover bowl
1 teaspoon
1 tablespoon
1 fork

Makes one serving:

1 - Put the broth, sauce, peas, and chilli powder in a microwave safe bowl.

2 - Mix well and microwave, covered, on high for 2 minutes until boiling. Be careful as it will be hot.

3 - Add couscous. Stir and cover the bowl. Wait 5 minutes.

4 - When the couscous is tender and has soaked up all the liquid, stir with the fork.

5 - Sprinkle cheese on top. Cover and wait 1 minute until the cheese has melted.

6 - Eat and enjoy!!

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Circle the materials you need to make this recipe!