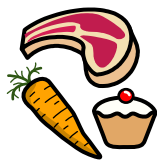


Max's



Couscous



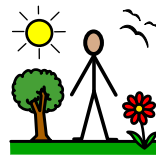
Food



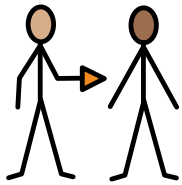
tastes



better



outdoors

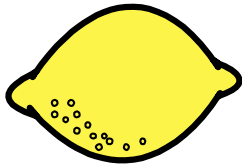


Can

you

find

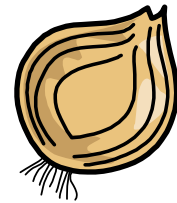
the ingredients?



lemon



sunflower seeds



chopped onion



salt and pepper



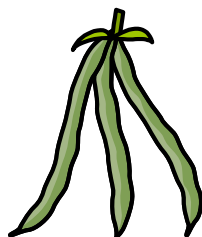
olive oil



couscous



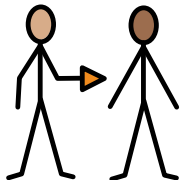
red wine vinegar



green beans



Can



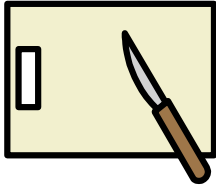
you



find



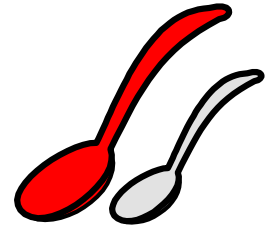
the utensils?



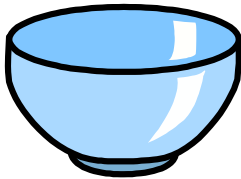
chopping board



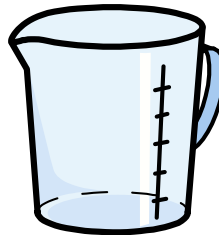
scissors



tablespoon



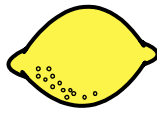
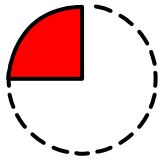
bowl



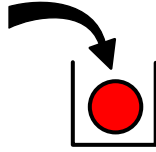
measuring jug



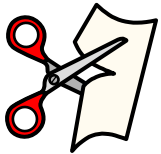
juicer



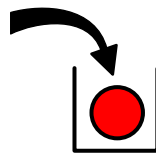
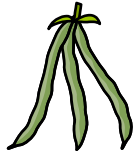
Juice quarter of the lemon



Put the juice into a bowl



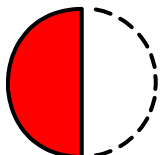
Cut the green beans with scissors



Put the green beans into the bowl



Add salt and pepper



Add half a chopped onion



Add 1 tbsp of sunflower seeds



Add



1 tbsp

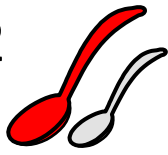


red wine vinegar



Add

2



2 tbsp



olive oil



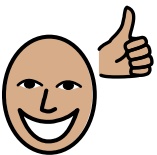
Add



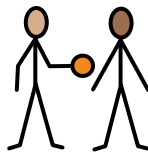
the couscous



Mix together



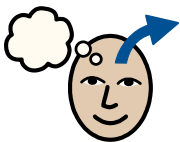
Enjoy



your



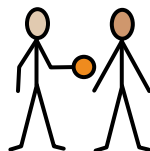
couscous!



Remember



keep



your



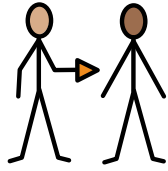
kitchen



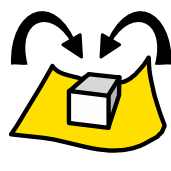
clean and tidy



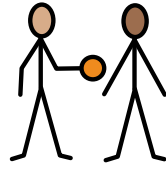
What



will you



wrap



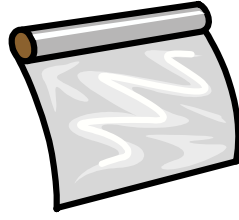
your



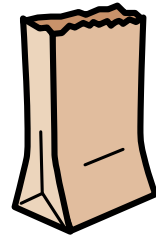
couscous in?



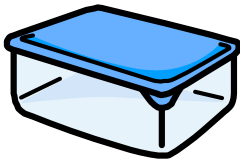
Cling film



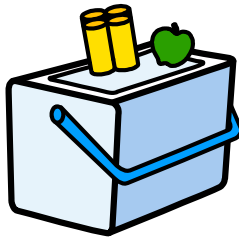
Foil



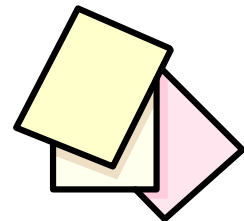
Paper bag



Tupperware



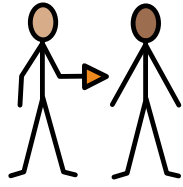
Cool box



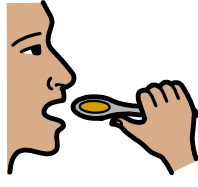
Grease proof paper



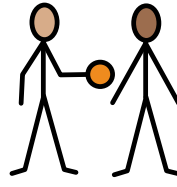
Where



will you



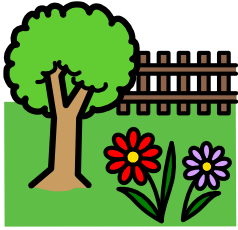
eat



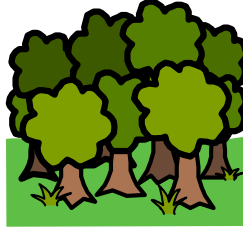
your



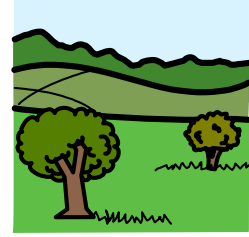
couscous?



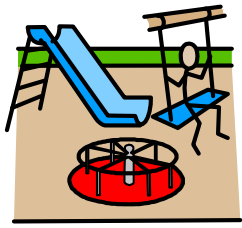
garden



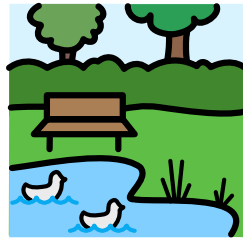
woods



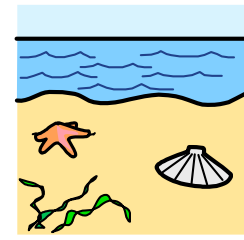
countryside



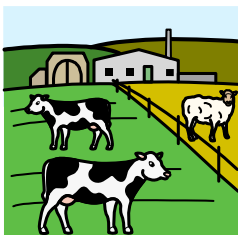
playground



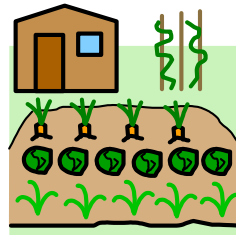
park



beach



farm



allotment



river