Tabouli and Hummus Pita Pockets

Serves: 8 - 9

Ingredients from garden:

- Parsley – 3 bunches
- Mint – 2 bunches
- Tomatoes – 2 large
- Spring Onions – 2

Other ingredients:

- Couscous – 1/3 cup
- Olive Oil – 2 tbsp
- Hummus – 1 tbsp per person
- Lemon Juice – ¼ cup or 1 lemon
- Salt – a sprinkle
- Pita pockets – ½ per person

Equipment needed:

- Big bowl
- Wooden Spoon
- Fork
- Chopping board
- Small pot
- Serving platter
- Sharp knife
- Mixing spoon

Method:

1. Chop parsley finely.
2. Chop mint finely.
3. Chop tomatoes finely.
4. Chop spring onions finely.
5. Put ½ cup of water into pot.
6. Put olive oil and salt into pot.
8. When boiling take off heat. Turn off stove.
9. Stir water gently. Put couscous into pot and leave for 3 minutes with lid on.
10. Add a teaspoon of butter and stir it around with a fork.
11. Put all ingredients into a big bowl.
12. Cut lemon in half and squeeze into a cup.
13. Take seeds out of liquid and pour into salad mixture. Stir to combine.