Cucumber, Chickpea and Orange Couscous Jar

2 wide-mouth jars or lunch tubs · Active 15 min · Total 50 min

Skills: Easy

Ingredients

- 1/2 cup fine quick-cooking couscous (85 g)
- 1/2 cup boiling water (120 ml), or packet-specified amount
- 1/4 teaspoon fine salt
- 1 can chickpeas, 15 oz (425 g), drained and rinsed
- 1 orange (about 180 g whole)
- 1/2 cucumber, diced (150 g)
- 1 tablespoon olive oil (15 ml)
- 1 tablespoon lemon juice (15 ml)
- 2 tablespoons chopped mint (5 g)
- 1/4 teaspoon black pepper

Set out

Kettle or small saucepan, Heatproof bowl with lid, Fork, 2 wide-mouth containers

Allergens

Wheat. Check labels and substitutions.

Make it

1. Put couscous and salt in the heatproof bowl. Add fully boiling water, cover and leave 5 minutes, or follow packet instructions. Fluff with a fork.

2. Spread in a shallow container to cool promptly, then refrigerate until cold, about 30 minutes.

3. Peel and cut orange over a bowl to catch juice. Mix juice with oil, lemon, mint and pepper.

4. Fold cold couscous, chickpeas, cucumber and orange into the dressing. Divide between containers and keep chilled.

Pack a wide spoon

A tall narrow jar is difficult to mix or empty in a camper. Choose a wide mouth and leave room at the top rather than packing grains to the lid.

A useful detail

Use fine quick-cooking couscous, not pearl couscous, which needs a longer boil.

Keep it well

Refrigerate promptly within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below. Use within 2 days for the best cucumber texture. Keep chilled during travel with two cold sources in an insulated bag.