

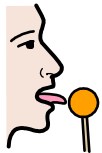
Max's



Couscous



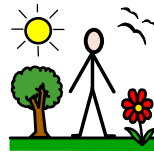
food



tastes



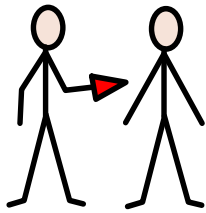
better



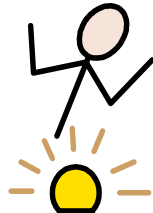
outdoors



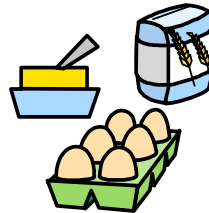
Can



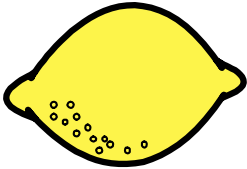
you



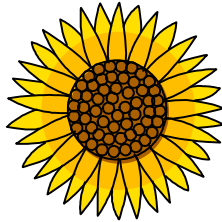
find



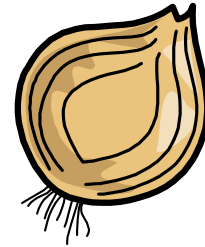
the ingredients?



lemon



sunflower seeds



chopped onion



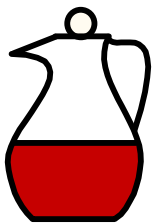
salt and pepper



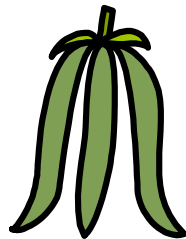
olive oil



couscous



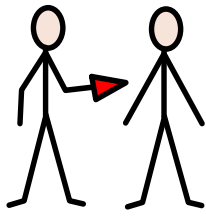
red wine vinegar



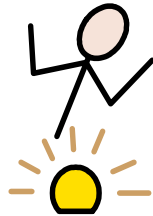
green beans



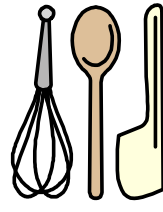
Can



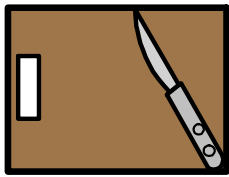
you



find



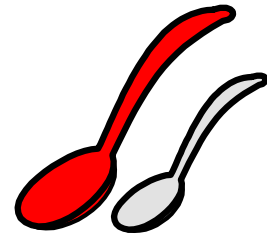
the utensils?



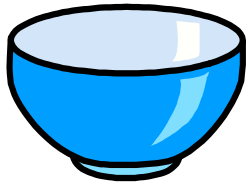
chopping board



scissors



tablespoon



bowl



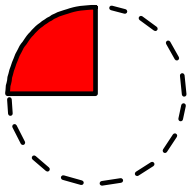
measuring jug



lemon juicer



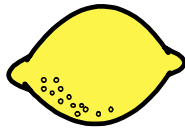
juice



quarter

of

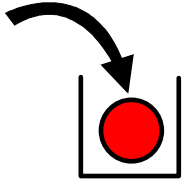
a



lemon



put

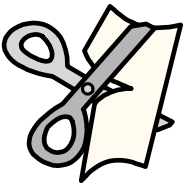


into

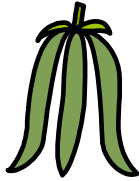
the



bowl



cut



the

green beans



with

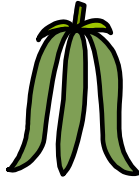
the



scissors

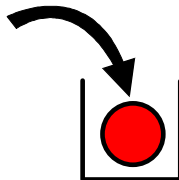


Put



the

green beans



into

the



bowl



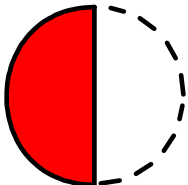
add



salt and pepper



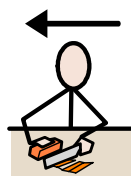
add



half

a

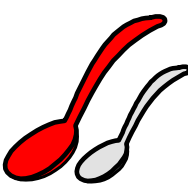
chopped



onion



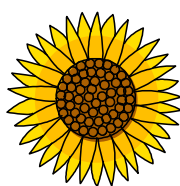
add



1 tbsp

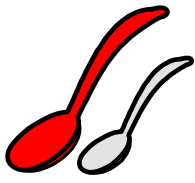
of

sunflower seeds





add



1 tbsp

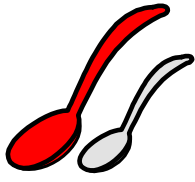


red wine vinegar



add

2



2 tbsp



olive oil



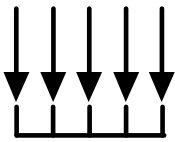
add



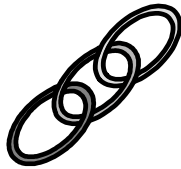
Couscous



mix



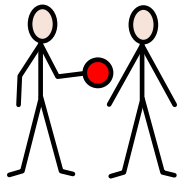
all



together



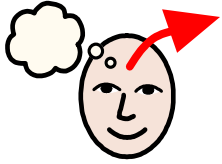
Enjoy



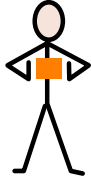
your



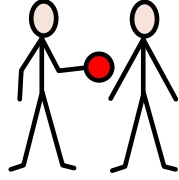
Couscous



Remember



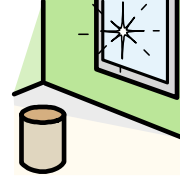
keep



your



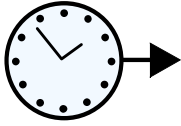
kitchen



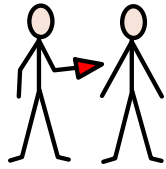
clean and tidy



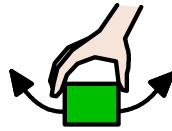
What



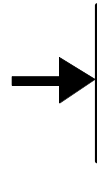
will



you



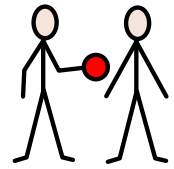
use



to



package



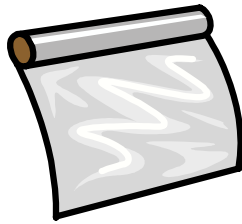
your



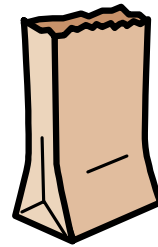
Couscous?



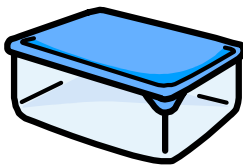
Cling film



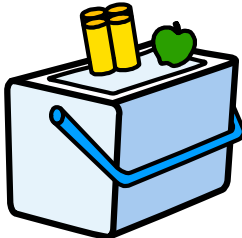
Foil



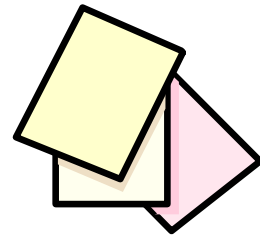
Paper bag



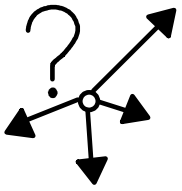
Tupperware



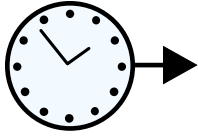
Cool box



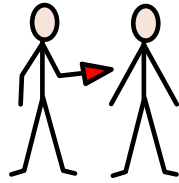
Grease proof paper



Where



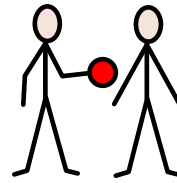
will



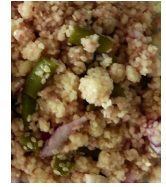
you



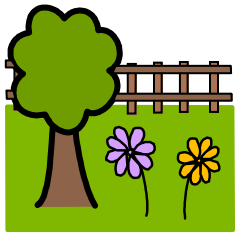
eat



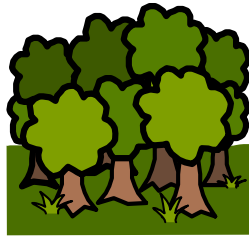
your



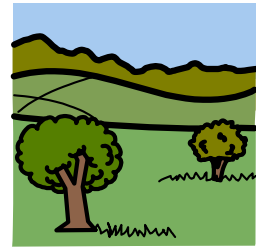
Couscous?



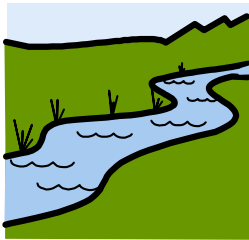
garden



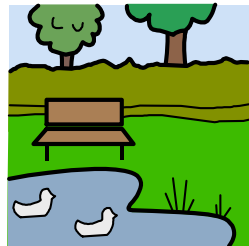
woods



countryside



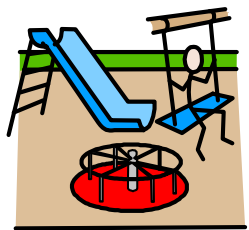
river



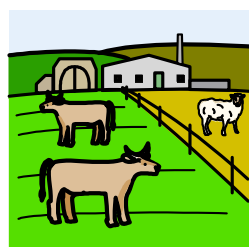
park



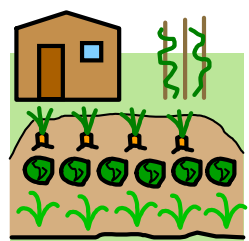
beach



playground



farm



allotment