



Moroccan Chickpeas with Couscous

Equipment

- Knife
- Chopping boards
- Scales
- Vegetable peeler
- Measuring jug
- Measuring spoons
- Mixing bowl
- Colander
- Metal or wooden spoon
- Saucepan (for cooking chickpeas)
- Saucepan (for cooking couscous)

Ingredients

	4-6 serves
Olive oil	As needed
Onion, diced	1 medium
Garlic, peeled, crushed or finely diced	1 teaspoon (1 clove)
Cayenne pepper	1/4 teaspoon
Ground ginger	1/2 teaspoon
Paprika	1/2 teaspoon
Turmeric	1/2 teaspoon
Ground cumin	1 1/2 teaspoons
Cinnamon	1 teaspoons
Canned diced tomatoes^	400 grams
Salt	To taste
Sugar	1 teaspoon
Salt reduced vegetable stock powder	2 teaspoons
Mixed vegetables, fresh or frozen*	250 grams
Canned chickpeas, undrained	2 x 400 gram tins
Fresh coriander, finely chopped	1 tablespoon
Fresh parsley, finely chopped	1 tablespoon
To serve	
Couscous, dry	1 cup
Water	1 1/2 cups
Salt reduced chicken stock powder	1 teaspoon
Currants (optional)	1 tablespoon

Method

- 1 Put the saucepan over medium heat and add enough oil to coat the bottom of the pan. When it is warm, add the onion and cook until it is softened (this should take just over 5 minutes).

- 2 Add the garlic and dried spices and stir. Cook for around 2 minutes or until they are fragrant.
- 3 Add the tomatoes, salt, sugar and stock powder and cover the pot. Cook on medium heat for 5 minutes.
- 4 Add the mixed vegetables and chickpeas and cook for a further 20 to 25 minutes, until the mixture has thickened and the vegetables have cooked through.
- 5 Before serving, stir the parsley and coriander through the chickpeas.

To make the couscous

- 6 Put a saucepan over high heat and add the water and stock powder. Bring to the boil and remove from heat.
- 7 Stir in the couscous and cover with a lid. Let the couscous steam for 5 minutes. Remove the lid and use a spoon to stir couscous breaking up any clumps.
- 8 Stir through currants.

To serve

- 9 Spoon couscous onto plates and top with Moroccan chickpeas ... enjoy!

Notes

^Canned tomatoes can be replaced with fresh tomatoes if they are available.

*Use what is in season and available to you, for example sweet potato, carrot and celery.