



MOROCCAN SPICED COUSCOUS

INGREDIENTS

- 2 tbsp of olive oil
- 1 red onion, finely chopped
- 1 yellow pepper, finely chopped
- 1 carrot, cubed
- 2 cloves of garlic, minced
- ½ teaspoon of paprika
- ½ teaspoon of ground coriander
- ¼ teaspoon of turmeric
- ½ teaspoon of ground cumin
- 50g of sultanas
- 100g of frozen peas
- 1 can of chickpeas, drained
- Juice of 1 lemon
- 200ml of vegetable stock
- 100g of couscous
- ½ bunch of fresh parsley chopped

DIRECTIONS

- 01** Heat the oil in a pan and add the red onion, yellow pepper, and carrot and sauté 10-15 minutes or until brown and all the vegetables are soft.
- 02** Add the garlic, sauté for another minute. Mix in the paprika, ground coriander, turmeric, and cumin. Stir-fry until fragrant.
- 03** Add the frozen peas, chickpeas and lemon juice & veg stock.
- 04** Add the chopped parsley and stir in the couscous.
- 05** Remove from heat and let stand 5 minutes or until liquid is absorbed.
- 06** Fluff and serve.

- Prep time: 35 minutes
- Serves: 8