

Moroccan Couscous with Chickpeas

- 2 tsp olive oil
- 1 onion, chopped
- 2 tsp crushed garlic
- 1 tsp ground cumin
- 1 tsp paprika
- 2 tsp turmeric
- 400g can chopped tomatoes
- ¼ cup water
- 1 cinnamon stick
- 4-5 cups diced or sliced vegetables (eg. eggplant, courgette, celery, carrot, yams, pumpkin, parsnip etc)

- 1 1/3 cups couscous
- 300ml vegetable stock
- 425g can chickpeas, drained
- 1 cup prunes
- minced chilli to taste
- salt & pepper to taste
- 3 Tbspns chopped fresh coriander

Pour olive oil into a wok or large saucepan. Add onions and garlic and cook gently for 5 mins until soft. Add the cumin, paprika and turmeric and cook, stirring 1 minute. Add the tomatoes, water, cinnamon stick and vegetables; cover and cook for 20 mins or so until the vegetables are tender.

Meanwhile, prepare the couscous; place in a bowl with stock - stir until liquid is absorbed and couscous is light and fluffy. Place aside.

Add chickpeas and prunes to vegetable mixture and cook for 5 minutes.

Season to taste with minced chilli, salt and pepper then add the couscous, and coriander. Heat through, remove the cinnamon stick and serve on a warmed serving plate.

NB This is great as a vegetarian dish on its own, or served with chicken or fish

Health Habits:

- Using chickpeas, prunes and vegetables – they add valuable fibre
- Using a variety of vegetables - they provide a wide range of vitamins, minerals and antioxidants
- Using minimum oil to sauté onion – keeps dish low in fat