

Vegetable Couscous

- 1 onion, chopped
- 2 Tbsp olive oil
- 2 cloves garlic, crushed
- 3-4 cups vegetables, chopped (e.g. eggplant, peppers, courgettes, celery, carrot, pumpkin, broccoli, peas, beans etc.)
- 3 ripe tomatoes, chopped
- 1 ½ cups couscous made up using chicken stock (follow instructions on packet)

Heat oil in heavy bottomed pan; sauté onion and garlic for a few minutes until soft. Add vegetables and tomatoes and season with salt and pepper. Cover with a lid and sweat on low heat until vegetables are cooked. Meanwhile, make couscous. Place dry couscous in bowl, add hot stock, mix through and then leave to stand for 10 minutes. Fluff with fork, add vegetables and mix through. Serve with chicken tagine.

Optional: add toasted pinenuts or chickpeas

Health Habits: