

## Moroccan vegetable couscous

This classic vegetarian dish is full of flavour with spicy vegetables and chickpeas. Try adding a chopped fresh red chilli for added heat.

Preparation: 10 minutes

Cooking: 30-40 minutes

**Serves: 2**

Nutrition per serving:

297 calories



### Ingredients:

- 1/2 small onion, chopped
- 1 garlic clove, crushed
- 1 orange pepper, cut into chunks
- 1 courgette, thickly sliced
- 200g canned chopped tomatoes
- 100g canned chickpeas
- 2 tsp ras-el-hanout paste
- 300ml vegetable stock
- ground black pepper
- 75g couscous (dry)
- 1 tbsp chopped fresh coriander

### Method:

1. Cook the vegetables, ras-el-hanout and stock, seasoned with black pepper, in a large non-stick pan over a medium heat for 35-40 mins.
2. Meanwhile, put the couscous and 80ml boiling water in a bowl, cover and leave for the water to absorb.
3. Fluff up with a fork and serve with the spicy Moroccan vegetables, topped with coriander.