



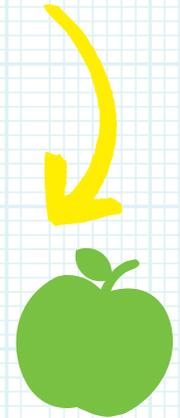
## Method

- Heat the oil in the pan.
- Add the red onion, yellow pepper and carrot, cook for 10-15 minutes or until all the vegetables are soft.
- Add the garlic, cook for another minute.
- Mix in the salt & pepper, paprika, ground coriander, turmeric, celery salt, cumin and cinnamon. Stir-fry for one minute.
- Add the frozen peas and cook for two minutes. Stir in the chickpeas, followed by the stock.
- Add the chopped parsley and stir in the couscous. Remove from the heat and let stand for 5 minutes or until liquid is absorbed.

Fluff and serve.



## Moroccan Spiced Couscous

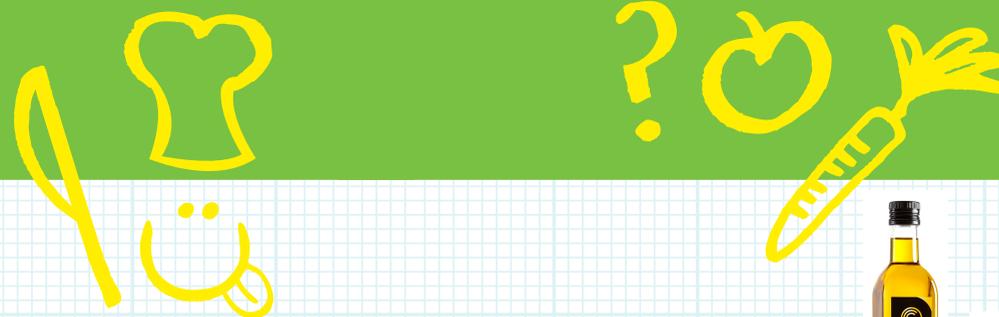


**Variation:** Try adding some sultanas or raisins for a little sweetness.  
Serve with sliced almonds on top for extra crunch.



**Servings:**

**Preparation Time:** 30 minutes



## Equipment

Pan



Garlic crusher



Tin opener



Chopping board



Teaspoon & Tablespoon



Cup



Knife



Bowl



## Ingredients

2 tbsp olive oil

1 red onion

1 yellow pepper

1 carrot, cubed

1 tin chickpeas

2 cloves garlic, minced

salt and pepper

$\frac{1}{4}$  tsp turmeric

$\frac{1}{2}$  tsp each of paprika, ground coriander, celery salt & ground cumin

$\frac{1}{8}$  tsp cinnamon

1 cup frozen peas

1  $\frac{1}{2}$  cups chicken or veg stock

handful fresh parsley

1 cup instant couscous

