



# Herby Couscous with Chickpeas

## In the bag:

- Onion
- Garlic
- Tin of chickpeas
- Spice bag
- Couscous
- Stock cube/s
- Fresh herbs

## You'll also need:

- Medium sized frying pan
- Chopping board
- Sharp knife
- Wooden spoon or spatula
  
- 1 tbs. vegetable oil
- 400ml water

## Method:

- Finely dice the **onion** and the **garlic**
- Heat a little oil in a large pan over a medium heat and add the **onion**, cook for 2 minutes, stirring all the time
- Add the **garlic** and cook for one minute more
- Add the **chickpeas** to the pan, stir and cook for one minute before mixing in the **spice bag** and cooking for a further one minute – stirring all the time
- Sprinkle in the **stock cube/s** then add the water and mix well. Bring the mixture up to a bubble before turning off the heat, covering and leave the **couscous** to swell (four to five minutes)
- Fork up to make fluffy then mix in the fresh herbs

## More about your Herby Couscous with Chickpeas

You could mix any fresh herbs into this and it's delicious with a variety of them (parsley, coriander, mint etc)

This dish can be served as a side dish with another stew or meat such as lamb chops or as a stand-alone meal with cheese such as feta crumbled on top

You can also make this couscous a little more summery by mixing in salad vegetables such as tomato, cucumber, peppers or olives

## This recipe makes enough for up to four portions

Tips for storing and reheating

- Refrigerate as soon as it cools (ideally within **90 minutes**)
- Fridge for up to **3 days**
- Freeze for up to **3 months**
- Remember to label
- When reheating make sure it's **piping hot** all the way through

#TakeAndMake

#AtLeastFiveADay

#LoveFoodHateWaste

## Want to make it again? You'll need to buy:

- 1 medium onion
- 3 cloves of garlic
- 1 tin of chickpeas
- 300g couscous
- 1 tsp. each of ground cumin and coriander
- 1 vegetable stock cube (oxo)
- 1 handful fresh parsley (or any fresh herbs you like)

#SpiceNotSalt

#CookOnceEatTwice

#CommunityCooking