Baking with Gary (and Lilly)

MOROCCAN SPICED VEGETABLE COUSCOUS

Total Time: 30 minutes
Serves: 4

Ingredients:

2 tbsp olive oil
1 red onion, chopped
3 mixed peppers, chopped
1 carrot, chopped into cubes
2 tsp lazy garlic
Salt and pepper to taste
½ tsp paprika, cumin, ground cinnamon and turmeric
½ tsp ground coriander (optional)
145g frozen peas
114oz chickpeas, drained
360g vegetable stock
Handful of fresh parsley
173g instant couscous

Method:

1. Weigh out ingredients and chop vegetables.
2. In a medium-size pan, heat the oil over medium heat. Add the onion, peppers and carrot, then sauté for 10-15 minutes.
3. Add the garlic and sauté for another minute.
4. Mix in the salt, pepper, paprika, cinnamon, turmeric and fry for about a minute.
5. Add the peas and cook briefly. Stir in the chickpeas, followed by the stock. Add the chopped parsley and stir in the couscous.
6. Remove from the heat and let it stand for 5 minutes or until all the liquid is absorbed. Fluff and serve.