

Moroccan Couscous with Seven Vegetables

Serves: 6

Prep time: 20 minutes

Cook time: 45 minutes



3 serves per portion

Ingredients

2 cups water

1 teaspoon olive oil

2 cups couscous

1 tablespoon olive oil

1 brown onion, diced

2 teaspoons ground ginger

1 teaspoon ground turmeric

2 teaspoons sweet paprika

1 teaspoon black pepper

1 carrot, cut into large chunks

1 turnip or parsnip, cut into large chunks

1 cup pumpkin, cut into large chunks

1 zucchini, cut into large chunks

1 small eggplant, cut into large chunks

¼ green cabbage, cut into chunks

¼ cup flat leaf parsley, chopped

¼ cup coriander, chopped

400g can diced tomatoes

2 cups vegetable stock, salt reduced

400g can chickpeas, drained and rinsed



Everyday Food

Method

BRING water and 1 teaspoon oil to a boil in a large sauté pan with a lid.

REMOVE pan from heat, add couscous and stir through. Cover with lid and let stand for 5 minutes. Fluff couscous with a fork to separate grains. Cover and set aside.

HEAT 1 tablespoon oil in a large pot over medium heat. Add onion and sauté until soft and translucent. Add spices and stir until fragrant, around 1 minute.

ADD carrot and turnip and sauté until carrots begin to soften. Toss in pumpkin, zucchini, eggplant and cabbage, and sauté for a few more minutes before adding herbs, diced tomatoes and stock. Cover slightly and cook until vegetables are tender, about 20 minutes.

ADD chickpeas and mix, cooking until warmed through.

SERVE couscous first, topped with vegetables, broth and extra herbs.

Recipe courtesy of the Country Kitchens 2024 Country of Study Recipe Collection – Morocco