



# Moroccan style couscous

## Ingredients

6 level carb spoons of raw cous-cous  
1 onion, chopped  
1 aubergine, diced  
2 red peppers, diced  
2 teaspoons of vegetable or sunflower oil  
1 tin of chickpeas, drained  
3 teaspoons of ground cumin  
1 teaspoon of salt  
½ teaspoon of ground cinnamon  
1 teaspoon paprika

**Optional:** 1 handful fresh parsley

## Method

1. Pre-heat the oven to 200°C / Gas mark 6
2. Put the cous-cous in a large bowl and add 400mls of boiling water. Leave for 10 minutes until all the water is absorbed.
3. Add the aubergine and peppers to a bowl with 1 teaspoon of oil and ½ the spices, mix well and place on a baking tray, roast for 20minutes
4. Heat 1 tsp oil in frying pan, add the onion and cook until tender. Add the remaining spices and then the cooked cous-cou, chickpeas and roasted veg. Add the parsley, stir and cook gently for 2-3 minutes

Serve with a side salad

 Serves 3

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