



SPICED VEGETABLE COUSCOUS

SERVES: 4



INGREDIENTS

- **Tipiak Flavoured Couscous**
- **2 tablespoons Olitalia Olive Oil**
- 1 red onion
- 1 yellow bell pepper
- 1 carrot
- 2 cloves minced garlic
- salt & pepper to taste
- ½ teaspoon paprika
- ½ teaspoon ground coriander
- ¼ teaspoon turmeric
- ½ teaspoon ground cumin
- ¼ teaspoon ground cinnamon
- **1 cup Emborg Garden Peas**
- 1 can of chickpeas
- **Knorr Vegetable Stock Pot**
- 1 handful fresh parsley



METHOD

1. In a pan heat the oil over medium heat.
2. Add the red onion, yellow pepper and carrot sauté 10-15 minutes until brown and all the vegetables.
3. Add the garlic, sauté another minute.
4. Mix in the salt and pepper, paprika, ground coriander, turmeric, cumin ground cinnamon. Stir-fry for about a minute.
5. Add the frozen peas and cook briefly. Stir in the chickpeas. Followed by the stock, scraping any brown bits from the bottom of the pan.
6. Add the chopped parsley and stir in the cooked couscous. Fluff and serve.