

MOROCCAN COUSCOUS SALAD



WHAT YOU NEED:

- 500 ml (2 cups) chicken stock
- 380g (2 cups) couscous
- 2 tbs olive oil
- 2 red onions, halved, thinly sliced
- 2 garlic cloves, crushed
- 2 tsp ground cumin
- 1/2 tsp ground cinnamon
- 1/2 tsp ground turmeric
- 4 large (about 280g) ripe tomatoes, finely chopped
- 2 x 400g can chickpeas, rinsed, drained
- 1/2 cup firmly packed coarsely chopped fresh coriander
- 4 tbs fresh lemon juice
- Freshly ground black pepper

UTENSILS -

Chopping board
Cook's knife
Measuring cups, spoons and jug
Large bowl
Small saucepan
Fork
Salad bowls

WHAT YOU DO:

METHOD

1. Collect ingredients and utensils.
2. Carefully measure the exact amounts.
3. Place the stock in a medium saucepan and bring to the boil over high heat. Remove from heat. Add the couscous and stir with a fork until combined. Cover and set aside for 5 minutes or until all the liquid is absorbed. Stir with a fork to separate the grains.
4. Meanwhile, heat the oil in a non-stick frying pan over medium heat. Add the onion and cook, stirring, for 2-3 minutes or until onion softens. Add the garlic, cumin, cinnamon and turmeric and cook, stirring, for 30 seconds or until fragrant. Add the tomato and chickpeas and cook, stirring, for 1-2 minutes or until heated through. Remove from heat.
5. Add onion mixture, coriander and lemon juice to the couscous and toss to combine. Taste and season with pepper