



SPRING VEGETABLE & CHICKPEA COUSCOUS



SERVINGS:
6 ADULTS



TIME:
45 MINS



DIFFICULTY:
EASY



COST:
££££

Ingredients:

- 200g couscous
- 200ml boiling water
- 2 x 400g cans chickpeas, drained & rinsed
- 1 tbsp olive oil
- 1 tbsp garam masala
- 250g frozen peas
- 2 lemons, zest and juice
- 250g radishes, grated
- 1 cucumber, chopped into thin batons
- 1 large pack parsley, chopped
- 1/2 large pack mint, chopped
- Natural yoghurt, feta cheese & pomegranate seeds to serve

Method:

1. Add 200g of couscous to a large heatproof bowl, pour over 200ml of boiling water & cover with cling film & leave for 10 minutes
2. Add the chickpeas to an ovenproof dish and add 1 tbsp of olive oil, 1 tbsp of garam masala, some black pepper, & mix well
3. Put the chickpeas in your pre-heated oven (200c/180c fan/ gas 6) & cook for 15 minutes until starting to crisp
4. Now add 250g of frozen peas to the chickpeas, along with the zest of two lemons, & mix well. Put back in the oven for 10 minutes
5. Fluff the couscous with a fork & add the cooked chickpeas
6. Now add the radishes, cucumber, parsley, mint & lemon juice & mix well
7. Serve with natural yoghurt, feta cheese & pomegranate seeds.