

RECIPE

Moroccan-style Veggie Cous Cous



NOURISH
FOOD SCHOOL



FareShare
North East

THIS RECIPE WAS CREATED BY
NORTH NEWCASTLE FOOD BANK
CEDARWOD TRUST
SALVATION ARMY

RECIPE

Moroccan- Style Veggie Cous Cous

MAKES
4 servings

LEVEL
Easy

TIME
15 minutes

INGREDIENTS

1 onion, finely diced
2 red peppers, finely diced
2 cloves of garlic, finely chopped
1 small butternut squash, peeled and chopped into small chunks
1 courgette, chopped into small chunks
1 tablespoon Ras el Hanout*
(or a mixture of spices such as 1/2 teaspoon of each cumin, paprika, coriander & turmeric)
salt & pepper
1 cup of cous cous
1 stock cube
1 tin of mixed beans, drained

HOW TO MAKE IT

1. Prepare the vegetables to the stage described in the ingredients list.
2. Heat a saucepan with a splash of oil on a low heat and gently fry the onion for 5 minutes.
3. Next add the peppers, butternut squash and courgette to the pan and cook for 5 minutes.
4. Stir in the garlic, herbs and spices
5. Crumble the stock cube into the pan, add a little hot water (150ml) and leave to simmer, stirring every now and again until the squash is soft and the water has nearly all evaporated.
6. Meanwhile, put the cous cous in a large bowl and cover with boiled water. *The water should be 2 cm's above the height of the couscous grains.*
7. Cover the bowl with a plate (or cling film) and allow the couscous to completely absorb the water - it might take around 10 minutes. Uncover and fluff up the grains with a fork.
8. Mix the cous cous, cooked veg and tinned beans together.
9. Serve as a side dish or a main course topped with grilled chicken or fish.

INGREDIENT SWAPS	STORE IT
SWAP any of the veg FOR any other firm root veg and types of squash (e.g. carrots, sweet potato)	Portion into bags or boxes and keep in the fridge to eaten over the next 5 days
SWAP cous cous FOR rice or quinoa	USE IT DIFFERENTLY
SWAP dried herbs and spices FOR any mixture that you have and like (you don't need them all)	Blend the veg mixture with a little extra water to make it into a sauce and use with pasta in another dish