



MOROCCAN SPICED VEGETABLES AND HERB COUS COUS



INGREDIENTS:

1 x red capsicum rough diced	1 clove garlic minced	1 tsp smoked paprika
1 x small zucchini rough diced	1 lemon (zested)	¼ tsp cinnamon
2 small red onion rough diced	¼ bunch mint	½ tsp turmeric
2 small carrots rough diced	¼ bunch coriander	150g cous cous
½ tin chickpeas	1 tsp ground cumin	3 tbs olive oil
¼ cup cherry tomato	1 tsp ground coriander	Salt & pepper

UTENSILS:

Measuring cup	Small pot	Chopping board
Scales	2 spoons and forks	
Small and medium size metal bowls	Tongs	

METHOD:

1. Set oven to 200°C while oven is heating rough diced all the vegetables, cherry tomatoes and chickpeas place on a baking tray, add a little bit of olive oil and mix through the vegetables.
2. When oven has come to temperature put vegetables in the oven, check every 4-5 minutes and take out the oven when the vegetables are feeling tender.
3. Measure out about 320ml of water and put in a small pot, add turmeric and a small knob of butter to the water.
4. Put the cous cous in a medium sized bowl, when water has come to the boil pour the water over the cous cous give the bowl a gentle swirl to make sure all cous cous is mixed into the water then cover with cling wrap.
5. The cous cous will only take about 6 minutes to be ready so while this is happening mix the remaining spices and the lemon zest with 3 tbs spoons of olive oil, roughly chop up the herbs
6. After about 5-6 minutes take the cling wrap of the cous cous and fluff up with a fork. In a large bowl mix the cous cous with the vegetables and add the spiced oil and lemon mix and the herbs. Give it all a good mix and add a little bit of seasoning to taste.

Optional: Can add protein to the dish