

Spicy chickpeas & Couscous

recipe taken from help there's a stove in my kitchen

Serves: 2 Time: 20 - 25mins



Struggling to include chickpeas into the diet, then why not give this recipes a go it delicious tasty. Enjoy as a side dish or light lunch

Ingredients

- Oil spray
- 1 large garlic clove, peeled and finely chopped
- 1 medium onion, peeled and chopped
- 1x 400g Italian tomatoes or sweetcorn
- 1 x 400g tin chickpeas, drained and rinsed
- 1 x carrot peeled and thinly sliced
- Plain yoghurt (optional)
- 1 Cup couscous
- ¾ cup boiling water
- 1 Tbsp oil or butter

Method

- 1) Heat a medium saucepan and spray with spray oil, fry the garlic and onion over a moderate heat for 3 – 4 minutes
- 2) Add the curry powder and fry for a further 1 minute until fragrant
- 3) Add the tomatoes mashing them up a little bit and mix the chickpeas and carrot. Cover and simmer for 20 minutes. If the sauce is to spicy add a little yoghurt to cool down. This gives a nice creamy texture as a variation. Meanwhile cook the couscous
- 4) Place couscous in medium sized
- 5) Cover with Clingfilm and leave to stand for 10minutes, until the water has been absorbed
- 6) Fluffy up couscous with a fox and mix in oil or butter
- 7) Add chick peas mixture to the couscous and serve with a crispy salad or roasted vegetables

Estimated Nutritional information: 378 Calories, 10g fat, 13.3g Protein

46g carbohydrate, 12g Fibre, 1.5g Salt

Extra tips:

Add extra vegetables to tomatoes mixture i.e. peppers, mushrooms aubergines