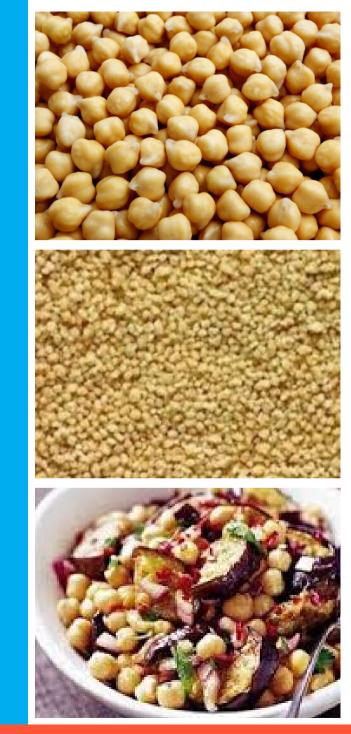


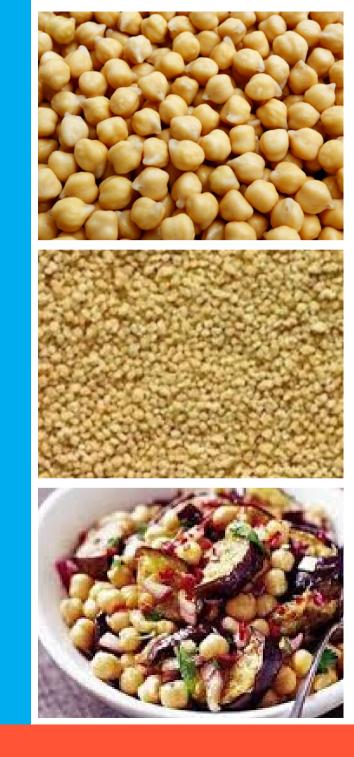
Serves 2



Epping Forest Foodbank is a Registered Charity in England & Wales (1182270)

Ingredients

100g couscous ¹/₃ aubergine 1 red pepper 1 small tin of chickpeas ¹/₅ tin vegetable soup 1 small onion 1 vegetable stock cube 1 tbs vegetable oil Salt & pepper 1 tbs garlic granules (optional)



Recipe

- Rinse the chickpeas and set aside.
 In a deep saucepan, heat 3 tablespoons of oil, add in the aubergine and onions and brown for 2-3 minutes.
- 3 | Add the peppers and chickpeas.
 4 | Make up 150ml of stock with the stock cube and add to the mixture. Cover and simmer for 15 minutes.
- 5 | Add the soup and garlic granules (if using) and season with salt and pepper. Stir well, then cover and leave to simmer for 10 minutes, stirring occasionally.
- 6 | While this is simmering put the couscous in a deep pan with 2 tablespoons of oil and a pinch of salt.





Recipe cont.

- 7 | Place the pan on medium heat to brown the couscous a bit, stirring constantly.
 8 | Add in 150ml of boiled water. Stir to make sure that water has covered every single grain, then cover the pan with its lid.
 9 | Leave to rest for about 10 minutes, the time for the couscous to absorb the water and double in
- volume.
- 10 | Using a fork, fluff the couscous which by now should not be wet.
- 11 | Serve the couscous and the chickpea mixture 'together.

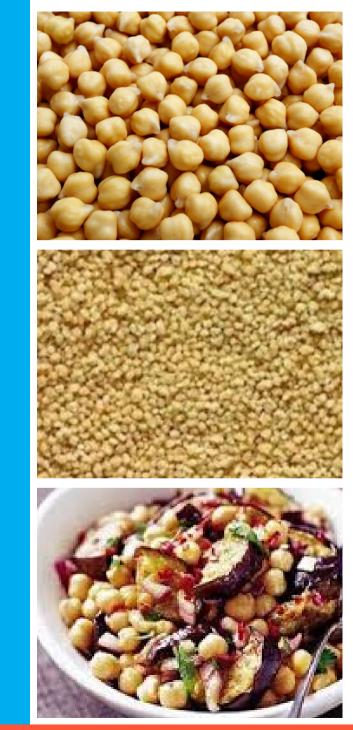




Cost

Couscous - 14p Aubergine - 45p Red Pepper - 55p Chickpeas - 40p Vegetable Soup - 15p Onion - 10p Stock cube - 5p Oil - 2p

TOTAL - £1.86



PRICES CORRECT AT THE TIME OF PUBLICATION - JUNE 2019