



CHICK-COUS

SERVES 2



CHICK-COUS

Ingredients

100g couscous
1/2 aubergine
1 red pepper
1 small tin of chickpeas
1/2 tin vegetable soup
1 small onion
1 vegetable stock cube
1 tbs vegetable oil
Salt & pepper
1 tbs garlic granules (optional)



CHICK-COUS



Recipe

- 1 | Rinse the chickpeas and set aside.
- 2 | 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.

CHICK-COUS



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.

CHICK-COUS

Cost

Couscous - 14p

Aubergine - 45p

Red Pepper - 55p

Chickpeas - 40p

Vegetable Soup - 15p

Onion - 10p

Stock cube - 5p

Oil - 2p

TOTAL - £1.86

