

Yvonne's Main Street Meals

Vegetable Tagine - Couscous & Chickpeas

Ingredients: -

2 tablespoons	Olive oil
1 medium	Onion, chopped
2 cloves	Garlic, crushed
1 tablespoon	Ginger, grated
2 teaspoons	Cumin, ground
2 teaspoons	Coriander, ground
1 teaspoon	Paprika
1 each	Cinnamon quill
1 kg.	Pumpkin, peeled, dice into 2.5cm./1 inch cubes
400g. can	Tomatoes, chopped
2 cups (500ml)	Vegetable stock
175g.	Thin green beans, topped
2 tablespoons	Mint, chopped
2 tablespoons	Coriander, chopped
2 tablespoons	Honey
1 can	Chickpeas
1 medium	Red Onion
½ to ¾ cup	Couscous, tossed with drained canned chickpeas and chopped red onion—per person.

Directions: -

1. Heat the olive oil in a large deep frypan over medium heat. Sauté the onion for 3-4 minutes or until softened. Add the crushed garlic and grated ginger to the pan and cook, stirring, for 30 seconds until fragrant. Add the ground cumin, coriander, paprika and cinnamon quill, then stir for a further 1 minute until fragrant. Add the cubed pumpkin, canned tomatoes and 2 cups of vegetable stock, and stir to combine. Season to taste with sea salt and freshly ground black pepper.
2. Bring to the boil, then reduce the heat to medium-low and simmer the tagine for 12-15 minutes, uncovered, until the pumpkin is tender. Add the green beans and cook for a further 5 minutes until they are tender and bright green.
3. When ready to serve, stir in the chopped mint, coriander and honey. Serve in bowls with a side serve of Couscous, tossed with drained canned chickpeas and chopped Red onion.

Variation: - Cut down on the amount of pumpkin and include some diced carrot and potato or sweet potato in its place.

Variation: - Substitute couscous with rice (preparation on page 23).

Cooking Couscous

Yield: - 1 cup of dry couscous equals 2½ cups cooked. As a side dish, plan on ½ to ¾ cup of cooked couscous per person.

Directions: -

To cook couscous, pour 1 cup of couscous into 1 cup of boiling water. Remove from heat, cover and let stand 5 minutes.

Couscous may also be cooked like rice. Heat butter, add couscous and stir to coat, add stock, (giving flavour to the very bland couscous) bring to a boil, cover and turn off heat. Allow to cook (without peeking!) 5 minutes or until the liquid is absorbed. Fluff with a fork to separate before serving.

