

Moroccan Vegetable Stew with Couscous

The chickpea originated in the Middle East about 7,500 years ago. It is a great source of protein and fibre. This dish is served with another ancient and nutritious ingredient, couscous.



Sulphites and wheat (gluten)*

Nutritional information per portion (551g):

Energy	Fat	Saturates	Sugars	Salt
1117kJ 266kcal 13%	7.6g 11%	1g 5%	10g 11%	0.52g 9%

of an adult's reference intake.
Typical values per 100g: energy 203kJ/48kcal.

Equipment

Weighing scales
Chopping board
Knife
Large saucepan with lid
Wooden spoon
Measuring spoons
Peeler
Grater
Can opener
Colander
Kettle
Measuring jug
Medium saucepan
Cling film
Pan stand
Fork
Serving spoon

Ingredients

Serves 4
1 medium onion
2 medium carrots
2 small parsnips
1 courgette
1 medium orange
1 x 15ml spoon vegetable oil
1 x 400g can chickpeas
1 x 400g can chopped tomatoes
Bunch (20g) fresh coriander
1 x 15ml spoon tomato purée
1 x 5ml spoon turmeric
1 x 5ml spoon ginger
½ x 5ml spoon ground cinnamon
700ml boiling water
Ground black pepper (optional)
200g couscous

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- Make sure the water is boiling hot when you add it to the couscous, and cover the bowl straight away. This will help make it fluffy!
- Larger parsnips can be a bit woody – try to choose smaller parsnips, which are sweeter and have a better flavour.

Moroccan Vegetable Stew with Couscous

Method

1. Wash all the vegetables.
2. Peel and finely chop the onion.
3. Heat the oil in the saucepan over a medium heat. Add the chopped onion and cook gently for about 5 minutes with the lid on the pan. Stir occasionally.
4. Peel the carrots and parsnips, then chop them, along with the courgettes, into 1cm round pieces. Grate the orange zest and squeeze the juice.
5. Add the carrots and parsnips to the saucepan. Sauté gently for 5 minutes.
6. Open the can of chickpeas and drain them using a colander. Open the can of chopped tomatoes.
7. Chop the coriander stalks and put to one side, chop the leaves and save to add to the couscous.
8. Add the chickpeas, tomatoes, tomato purée, chopped coriander stalks and spices to the pan.
9. Measure 600ml of boiling water into the measuring jug.
10. Add 300ml of the water to the saucepan. Cover, and simmer for 5 minutes.
11. Add the courgette and simmer for a further 10–15 minutes. Season with pepper to taste (if using).
12. Place the couscous in a medium saucepan and add the remaining 300ml water, orange zest and juice. Cover with clingfilm and leave for 10 minutes.
13. Remove the clingfilm and heat for 1 minute fluffing up the grains with a fork.
14. Add the coriander leaves before serving with the stew.

Something to try next time

- To advance chopping skills, try chopping the vegetables into thinner slices at a slight angle, then the stew will need less time to cook.
- Try turnips instead of parsnips when they are in season.
- Add some finely chopped mint and grated lemon zest to the couscous for added flavour.

Prepare now, eat later

- Prepare the vegetables ready to cook and store in bags in the fridge for up to 24 hours.
- If you have any Moroccan Stew left over, mix it with the couscous, cool it as quickly as possible, then cover and store in the fridge for up to 24 hours. Reheat in the microwave until piping hot.

Skills used include:

Weighing, measuring, peeling, chopping, grating, squeezing, mixing/combining, boiling/simmering and frying.

www.bda.uk.com