



Fragrant chickpea couscous



Serves: 4

Time

Preparation time 25 minutes

Cooking time 20 minutes

Ingredients

- 225g couscous
- 2 teaspoons coriander seeds
- 2 teaspoons cumin seeds
- 1 teaspoon ground cinnamon
- 2 tablespoons sunflower oil
- 1 small onion, peeled and finely chopped
- 2 garlic cloves, peeled and crushed
- ½ teaspoon ground turmeric
- pinch cayenne pepper
- 1 tablespoon lemon juice
- 50g sultanas
- 3 ripe tomatoes, washed and chopped
- quarter cucumber, washed and chopped
- 4 spring onions (scallions), washed and chopped
- 410g tinned chickpeas, drained and rinsed
- 3 tablespoons fresh coriander, washed and finely chopped, plus a few sprigs for garnish
- pepper



Fragrant chickpea couscous



Method

1. Cook the couscous according to the packet instructions but do not add any butter.
2. Heat a small saucepan and add the coriander seeds and cumin seeds. Cover and cook over a high heat until the seeds begin to pop. Be careful not to let the spices burn.
3. Remove from the heat, add the cinnamon and allow to cool. Place the roasted spices in a food bag and wrap in a tea towel. With a rolling pin, crush the spices until they form a fine powder.
4. Heat the oil in a frying pan and add the onion. Cook over a low heat for 7–8 minutes until softened and lightly browned.
5. Add the garlic and cook for a further minute. Stir in the roasted and ground spices, turmeric and cayenne pepper, and cook for a further minute.
6. Remove from the heat and stir in the lemon juice.
7. Add this mixture to the couscous and mix well together, ensuring that all the grains are well coated.
8. Add the sultanas, tomatoes, cucumber, spring onions, chickpeas and chopped coriander. Season with pepper and mix well. Allow to cool and serve garnished with a sprig of coriander.