



Chickpea & Couscous Salad

Serves 8

Ingredients:

1 ½ cups salt-reduced vegetable or chicken stock
2 teaspoons ground cumin
1 ½ cups couscous, uncooked
425g can chickpeas, drained
3 medium tomatoes, chopped
½ cup parsley, chopped
2 spring onions, sliced
Rind of one orange, grated
Juice of two oranges
1 tablespoon olive or canola oil

Variations:

- Substitute tomatoes with one red capsicum.
- Replace spring onions with ½ cup finely chopped red onion.

Method:

1. Chop tomatoes and parsley, slice spring onions and grate 1 orange.
2. Drain and rinse chickpeas in cold water.
3. Juice 2 of the oranges.
4. Mix the chickpeas, tomatoes, parsley, spring onions, orange rind, juice and oil in a salad bowl.
5. Boil the stock in a saucepan and then add cumin.
6. Remove saucepan from the heat and add couscous while stirring with a fork.
7. Cover and allow to stand for 5 minutes until stock is absorbed.
8. When all of the stock is absorbed by the couscous, mix it in with the ingredients in the salad bowl.
9. Serve warm or cold.