

Moroccan Couscous

INGREDIENTS

- 1 cup chicken stock
- 1 ¼ cups water
- 3 tsps vegetable oil
- 1 ½ tsps grated lemon zest
- 300g couscous
- 1 ¼ tsps ground cumin
- ½ tsp ground ginger
- ¼ tsp ground cloves
- 1/8 tsp ground cayenne pepper
- ½ tsp ground cardamom
- ¼ tsp ground coriander
- ¼ tsp ground allspice
- 1 Tbsps olive oil
- 1 red onion, cut in half and thinly sliced
- 1 red, green, or yellow capsicum, cut into 2cm pieces
- 2 zucchinis, halved lengthwise and cut into 2cm pieces
- 1 cup raisins
- salt
- grated zest of one orange
- 2 tins (800g total) chickpeas, drained and rinsed
- ½ cup orange juice
- 1 ½ cups chicken stock
- 3 Tbsps chopped fresh mint

METHOD

1. Bring the stock, 1 1/4 cups water, oil, lemon zest, cumin and a pinch of salt to the boil in a large saucepan. Add the couscous, return to the boil, then remove from the heat, cover and stand for 5 minutes.
2. Place a large, heavy bottomed pot over medium heat. Stir in the cumin, ginger, cloves, cayenne, cardamom, coriander, and allspice; gently toast until fragrant, about 2 to 3 minutes. Stir in oil and onion, cook until softened. Stir in the capsicum, and zucchini; cook for 5 minutes. Stir in the raisins, salt, zest, and chickpeas.
3. Pour in the chicken stock and orange juice; turn heat to high and bring to a boil. When the mixture is boiling, stir in the couscous and remove from heat; cover, and let stand 5 minutes. Fluff with a fork and fold in chopped mint.