

Chickpea and Couscous Salad



Ingredients

- 1½ cups vegetable or chicken stock
- 2 teaspoons ground cumin or curry powder
- 1½ cups couscous, uncooked
- 425g can chickpeas, drained
- 3 medium tomatoes, finely diced
- ¼ cup parsley, chopped
- 2 spring onions, sliced (include green tops)
- Rind of 1 lemon or orange, grated
- Juice of 2 oranges (150 mL)
- 1 tablespoon vegetable oil

Method

Bring stock to the boil and add cumin. Remove from heat and mix in couscous. Cover and allow to stand for 5 minutes until stock is absorbed. Mix in remaining ingredients. Serve warm or cold.

Serves 8.

Variation

Substitute tomatoes with 1 red capsicum. Replace spring onions with ½ cup finely chopped red onion.