

# COUSCOUS SALAD WITH VEGETABLES AND CHICKPEAS



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1 onion, finely chopped  
Olive oil 45 ml (3 tbsp.)  
2.5 ml ( $\frac{1}{2}$  tsp.) Ground cumin dried  
2.5 ml ( $\frac{1}{2}$  tsp.) Dried ground coriander  
1 clove garlic, minced  
375 ml (1  $\frac{1}{2}$  cups) chicken or vegetable broth  
375 ml (1  $\frac{1}{2}$  cup) couscous  
1 can of 398 ml (14 oz) chickpeas, rinsed and drained  
1 red pepper, seeded and diced  
2 Lebanese cucumbers unpeeled, diced  
125 ml ( $\frac{1}{2}$  cup) feta cheese, crumbled (you can omit this for vegan version)  
125 ml ( $\frac{1}{2}$  cup) chopped fresh parsley  
Salt and pepper

1. Using a large nonstick skillet, cook onion in oil over medium heat until it begins to brown. Add the spices and garlic and cook 2 minutes. Salt and pepper. Add the broth and bring to the boil.
2. Add couscous and mix well. Cover, remove from heat and let stand 5 minutes. Using a fork, undo the couscous. Leave to cool.

3. In a large bowl, mix the remaining ingredients and add to this the couscous. Mix everything well.

Photo: Adam Cloete

Nota: Ek het mielies in plaas van chickpeas gebruik en ek dink dit het dit nog lekkerder gemaak as wat die chickpeas sou.