



# WARM VEGETABLE COUSCOUS SALAD



## Ingredients

2 tbsp olive oil  
1 medium red onion, chopped  
1 yellow bell pepper, chopped  
1 carrot, chopped into cubes  
2 cloves garlic, minced  
salt & pepper, to taste  
½ tsp paprika  
½ tsp ground coriander  
¼ tsp turmeric  
½ tsp celery salt  
½ tsp ground cumin  
⅛ tsp ground cinnamon  
cayenne pepper, optional, to taste  
1 cup frozen peas  
1 14oz (1 can), drained chickpeas  
6 peppers, chopped, mild or hot  
1½ cups chicken stock, or vegetable stock  
A good handful fresh parsley, chopped  
1 cup Tipiak couscous

## Method

1. In a medium-size skillet heat the oil over medium heat.
2. Add red onion, yellow pepper, and carrot sauté 10-15 minutes or until all the vegetables are your desired tenderness
3. Add the garlic, sauté another minute.
4. Mix in the salt & pepper, paprika, ground coriander, turmeric, celery salt, cumin ground cinnamon, and cayenne pepper (if using). Stir-fry until fragrant (about a minute).
5. Add the frozen peas and cook briefly. Stir in the peppers and chickpeas. Followed by the stock.
6. Add the chopped parsley and stir in the Tipiak couscous. Remove from heat and let stand 5 minutes or until liquid is absorbed. Fluff and serve.



*It's all about  
the recipe*