

Harissa-Spiced Vegetable Couscous



Prep Time:
10 minutes



Total Time:
30 minutes



Serves:
Serves 4 - 5

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About the Recipe

This Harissa-Spiced Vegetable Couscous is a delightful North African-inspired dish that showcases the fragrant and slightly minty aroma of the harissa spice blend. Perfect for a hearty evening meal, this recipe serves 4 to 5 people and can be prepared and cooked in less than 40 minutes.



METHOD

1. In a large bowl, add the couscous and pour over the hot vegetable stock. Cover and set aside for 10 minutes, or until the couscous has absorbed the stock and is tender.
2. In a large frying pan, heat the olive oil over medium heat. Add the onion and garlic, and cook for 3-4 minutes, or until softened.
3. Add the red bell pepper, courgette, and aubergine to the pan, and cook for 5-7 minutes, or until the vegetables are tender.
4. Stir in the chickpeas and Harissa spice blend, and cook for another 2-3 minutes, allowing the flavours to meld together.
5. Fluff the couscous with a fork and season with salt and pepper to taste. Serve the vegetable mixture over the couscous and garnish with fresh coriander.

INGREDIENTS

200g couscous
450ml vegetable stock
2 tbsp olive oil
1 onion, finely chopped
2 cloves garlic, minced
1 red bell pepper, chopped
1 courgette, chopped
1 aubergine, chopped
400g tin of chickpeas, drained and rinsed
2 tsp Harissa spice blend
Salt and pepper, to taste
Fresh coriander, for garnish