

# COUSCOUS CLASH

**EAT THEM  
TO DEFEAT THEM**

**FEATURING**



The vegetables are taking over the deserts of **North Africa and Arabia**.

They have been spotted emerging from the great sand dunes of the desert and have now stormed the couscous.

Your mission is to help the kids find them, eat them to defeat them and raise loud the victory cry...



**BRING IT ON  
VEGGIES!**



To celebrate the food of North Africa and Arabia we are suggesting a delicious tagine with Moroccan spices made with meat or plant-based alternative protein and chickpeas, served with rainbow vegetable couscous, roasted peppers, squash, carrots, maybe courgettes. Just remember to keep the veg chunky.

## Method

Yield 12

Here's our recommended recipe, or you can simply adapt your own recipe – just keep the veg chunky and serve with a reminder to the children to **Eat Them to Defeat Them** and get them to say “**Bring it on veggies!**”

- 1 Place a suitable pan on the stove to heat and add the oil and red onion until it starts to soften.
- 2 Add the chicken and cook until it starts to colour and is cooked through. **If using plant-based alternative, add to the pan at point 4.**
- 3 **Probe and record temperature - must be above 75 °C.**
- 4 Add the red pepper, courgette, butternut squash, carrots, and chickpeas. Continue to cook until the vegetables begin to colour and soften, then add the cumin, paprika, cinnamon, turmeric, vegetable bouillon, peas, sweetcorn, couscous and water (**and plant-based alternative, if using**).
- 5 Bring the pan back to the boil, stirring the ingredients together then remove from the heat.
- 6 **Probe and record temperature - must be above 75 °C**
- 7 Add the diced butter to the top of the couscous and cover with cling film to secure in the steam.
- 8 Allow the pan to stand for 10 minutes in a hot cupboard, to allow the residual heat of the pan to cook the couscous.
- 9 Remove the cling film and add the chopped chives, using a fork gently fluff up the couscous to separate the grains and serve immediately.

## Ingredients

### Couscous

15ml oil  
1 red onion, diced  
300g chicken diced or plant-based alternative  
½ red pepper, diced  
100g courgette, diced  
100g butternut squash, diced  
100g carrots, diced  
300g chickpeas  
2 tsp cumin powder  
2 tsp paprika  
1 tsp cinnamon  
1-2 tsp turmeric  
15g vegetable bouillon  
100g peas  
100g sweetcorn  
350g couscous  
440ml water  
100g butter or plant-based alternative, diced  
10g chives, chopped

## Serving suggestions

You can serve any kind of wet dish with North African or Arabian feel (or if necessary, any dish you can serve with couscous).

