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MORROCAN COUSCOUS CHICKPEA SALAD
(Serves 6) (Adapted to be oil-free)

Moroccan couscous chickpea salad with a spiced orange dressing. It's full of flavour, texture and super healthy! Serve with toasted pitta and hummus!

1 cup of couscous, preferably whole-wheat
1 cup of vegetable stock or water
1 tin chickpeas, drained
1 carrot
1 red onion
1/2 cucumber, peeled
12 cherry tomatoes, quartered
1/2 cup dried cranberries and raisins
1 cup flaked almonds
Handful fresh parsley

Dressing:
1 orange, juiced
1 tbsp rice vinegar or light-colored balsamic
1/2 tsp ground turmeric
1 tsp ground cumin
1 tsp ground cinnamon
3/4 tsp smoked paprika
1 tsp Dijon mustard
Salt and pepper to taste

1. Bring the vegetable stock or water to a boil. Place the couscous and hot vegetable stock in a bowl and cover with a plate for 5 minutes.
2. In a large salad bowl, place the drained chickpeas, grated carrot, chopped cherry tomatoes, chopped cucumber, finely chopped onion, cranberries and raisins and mix well.
3. Once the couscous is fluffy and cooked, add to the bowl too (it shouldn't need draining but if it does, get rid of any excess stock).
4. Add the chopped parsley and mix again.
5. In a small bowl whisk together the juice of the orange with all the other ingredients. Add to the salad and mix well.
6. Taste and season with salt and pepper.
7. Toast the almonds in a dry pan for a few minutes until browned. Sprinkle on top and serve!
8. Will keep in the fridge in an airtight container for 4-5 days.





Cupful of Kale is a site created by Tamsin, a recipe developer, blogger, and food photographer. She writes: "At Cupful of Kale you'll find mostly healthy, always vegan and easy to follow recipes!"

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