



Moroccan Couscous

Jacob · 29/09/2024



Prep Time

55 mins

Difficult

Medium

Servings

8

Description

This Moroccan couscous with lots of tender vegetables chickpeas and raisins is flavored with warm spices orange zest and fresh mint for a traditional North African dish

Ingredients

- - 1 ¼ teaspoons ground cumin - ½ teaspoon ground ginger - ¼ teaspoon ground cloves - ? teaspoon ground cayenne pepper - ½ teaspoon ground cardamom - ¼ teaspoon ground coriander - ¼ teaspoon ground allspice - 1 tablespoon olive oil - 1 red onion
- cut in half and thinly sliced - 1 red
- green
- or yellow bell pepper
- cut into 1-inch pieces - 2 zucchinis
- halved lengthwise and cut into ¾-inch pieces - ½ cup golden raisins - 1 teaspoon kosher salt - grated zest of one orange - 1 (14.5 ounce) can low-sodium chickpeas
- rinsed and drained - 1 ½ cups chicken broth - ½ cup orange juice - 1 ½ cups couscous - 3 tablespoons chopped fresh mint

Instructions

1. Place a large
2. heavy bottomed pot over medium heat. Stir in cumin
3. ginger
4. cloves
5. cayenne
6. cardamom
7. coriander
8. and allspice; gently toast until fragrant
9. about 2 to 3 minutes. Stir in oil and onion
10. cook until softened. Stir in bell pepper and zucchini; cook for 5 minutes. Stir in raisins
11. salt
12. zest
13. and chickpeas. Pour in chicken broth and orange juice; turn heat to high and bring to a boil. When the mixture is boiling
14. stir in couscous and remove from heat; cover
15. and let stand 5 minutes. Fluff with a fork
16. and fold in chopped mint. Cook's Note This couscous is delicious served with my lamb tagine and cucumber raita.