

Curried Couscous with Spinach and Chickpeas

Jacob · 30/09/2024

**Prep Time**

45 mins

Difficult

Medium

Servings

4

Description

A quick filling vegetarian meal The vegetable broth makes it heartier than some couscous recipes Serve with plain yogurt

Ingredients

- - 2 tablespoons olive oil - 1 small yellow onion
- chopped - ½ cup chopped sun-dried tomatoes - 1 tablespoon chopped fresh dill - 3 cloves garlic
- crushed - 12 ounces chopped frozen spinach - 1 tablespoon pale dry sherry - 1 tablespoon curry powder - 1 pinch cayenne pepper
- or to taste - 1 (15 ounce) can chickpeas
- drained - 2 cups vegetable broth - 1 cup whole wheat couscous - salt to taste

Instructions

1. Heat olive oil in a skillet over medium heat. Add onion
2. sun-dried tomato
3. dill
4. and garlic; cook and stir until onions start to turn translucent
5. about 5 minutes. Stir in spinach
6. increase heat to medium high
7. and cook until spinach begins to wilt
8. 5 to 10 minutes. Pour in sherry and cook until most liquid has evaporated
9. about 5 minutes. Add curry powder
10. cayenne pepper
11. chickpeas
12. and 1 cup of the vegetable broth; cook for about 5 minutes. Add remaining broth and bring mixture to a boil. Remove from heat
13. stir in couscous
14. and cover until couscous absorbs all the liquid
15. 5 to 10 minutes. Season with salt.