

# 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 such as Quorn Pieces 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 Quorn Pieces or Quorn Vegan Beef Pieces, 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 Quorn Pieces or Quorn Vegan Beef Pieces, 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.

## 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).



## Ingredients

### Couscous

- 15ml oil
- 1 red onion, diced
- 300g chicken diced or Quorn Pieces or Quorn Vegan Beef Pieces
- 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

