

Aspens


FEED YOUR
FAMILY
FOR £5

VEGAN HARISSA 
**CHICKPEA &
LIME STEW**
WITH COUSCOUS





INGREDIENTS

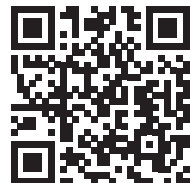
Main Ingredients	Cost £
2 x Tins of Chickpeas in Water	1.18
20g Harissa Paste	0.40
1 x Brown Onion	0.12
3 x Garlic Cloves	0.14
1 x Green Pepper	0.55
1 x Tin of Chopped Tomatoes	0.35
1/2 Aubergine	0.43
1 x Lime	0.24
1 x Vegetable Stock Cube	0.09
240g Couscous	0.55
360ml Water	0.00
15g Coriander	0.26
TOTAL COST	4.31

Prices correct at time of printing and may vary. All items available from leading supermarkets.

Please observe the allergen information on the product packaging.

Based on a family of four.

View our
video online



THE STEW

1.

1st Preparation! Dice the onion, pepper and aubergine then grate the garlic cloves.

2.

Gently fry the onion and pepper in a saucepan with a little oil until softened and they start to brown. Then add the aubergine, garlic and harissa paste and fry for another 2-3 mins.

3.

Add the tinned tomatoes and fill the empty tin half full with water to rinse the tin out and add this to the stew.

4.

Add the zest and juice of the lime. *Then drain the chickpea water (save the water) and add the chickpeas to the stew.

5.

Simmer on a low heat for 30 minutes.

MEANWHILE...



- Good for you



- Good for the planet



THE COUSCOUS

6.

Boil the water in a saucepan and add the stock cube.

7.

Measure the couscous into a heat proof bowl, add the stock and boiled water. Cover tightly with cling film or a lid and leave for 10 minutes.

8.

Shred and add the coriander to garnish before serving.



ZERO WASTE

Save the chickpea water you have drained to make vegan meringues for your dessert! * additional cost, not costed into original recipe.

