

## Moroccan Chickpea Tagine With a Fresh Salad

### Ingredient

- 2 x 400g cans chickpeas, rinsed, drained
- 1 tbs Moroccan seasoning ( masterfoods )
- 1 x 400g can crushed tomatoes with onion and garlic
- 1 cup ( 200g ) couscous
- 60g baby spinach leaves
- Optional – add shredded cooked chicken
- Optional – add broccoli & cauliflower



### Salad

- Shredded Lettuce
- Baby Spinach
- Dried Cranberries
- Diced Fetta

(add a little olive oil and white balsamic vinegar)

### Instructions

1. Heat a non stick pan over medium heat. Add chickpeas and Moroccan seasoning and cook for 2 min until lightly browned
2. Add tomatoes and ½ cup water to pan, bring to the boil, reduce and simmer uncovered for 3 min until sauce thickens. Season and remove from heat
3. Place couscous in a large heatproof bowl, stir in 1 cup boiling water, cover with foil and set aside for 5 minutes. Use a fork to separate the grains, season and serve with chickpea mixture and spinach. ( add your optional extras and stir through )
4. Serve with your prepared side salad