Couscous with Raisins and Chickpeas

Three warm main-meal couscous bowls · Active 20 min · Total 30 min

Skills: Hydrating a specified quick grain and protecting soft canned vegetables

Ingredients

- 1 cup quick fine couscous (180 g)
- 1/3 cup raisins (50 g)
- 1 cup boiling water for couscous (240 ml), or packet-specified amount
- 1 tablespoon olive or neutral oil (15 ml)
- 1 small onion, finely chopped (100 g)
- 1 teaspoon ground cumin (2 g)
- 1 can cooked chickpeas, 15 oz/425 g net, drained and rinsed (240 g drained)
- 1 can plain carrots, about 14–14 1/2 oz/400–411 g net, drained and cut small if needed (about 240 g drained)
- 2 tablespoons water for warming beans and carrots (30 ml)
- 1/4 teaspoon fine salt (1.5 g)
- 1/4 teaspoon black pepper (0.5 g)

Set out

Heatproof bowl with a cover or plate, Kettle or saucepan for boiling water, Wide skillet with lid, Fork and broad spoon, Strainer

Allergens

wheat. Check labels and substitutions.

Make it

1. Put couscous and raisins in the heatproof bowl. Pour over the 240 ml boiling water or the packet-directed amount, cover and stand for 5 minutes or its packet time. Fluff gently with a fork and cover briefly while the vegetables finish.

2. Meanwhile heat oil in the skillet over medium heat. Cook onion for 7–8 minutes until soft. Stir in cumin for 20 seconds.

3. Add chickpeas, drained carrot pieces, 30 ml warming water, salt and pepper. Cover and heat gently for 5–7 minutes until hot throughout, folding once without crushing the carrots.

4. Fold the complete warm vegetable mixture into the fluffed couscous and raisins. Divide all among 3 bowls and serve warm. If the grain is dry after standing, loosen with a tablespoon of hot water rather than another unmeasured splash of oil.

One can of each, measured after draining

Canned drained weights vary. Use approximately the stated amount and adjust portion expectations for a much smaller can rather than assuming net liquid weight is all vegetables.

Ingredient labels

Fine couscous is normally wheat. Check raisins for added preservatives and the actual canned products for additional ingredients. This is not a gluten-free grain bowl.

A useful detail

The timetable allows the quick couscous to hydrate while onion and canned vegetables cook. Pearl couscous or raw carrot needs a different longer stage.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below and use within 3 days. Reheat a portion to 165°F/74°C throughout, stirring with a little water to loosen the grains. Freeze promptly cooled portions for up to 1 month; thaw in the refrigerator. Canned carrot texture softens further after freezing.