Roasted Pepper and Chickpea Couscous Bake

One 9×13 in (23×33 cm) dish, at least 3.5 qt/3.3 L; 6 meatless main-dish portions · Active 30 min · Total 1 hr 15 min

Ingredients

- 1 1/2 cups fine dry instant couscous (250 g)
- 2 tablespoons packing liquid from water- or brine-packed roasted peppers (30 ml)
- 1 1/8 cups just-boiled water (270 ml), adjusted with the packing liquid to the couscous-packet total
- 1 tablespoon olive oil (15 ml)
- 1 medium onion, chopped (150 g)
- 1 medium zucchini, cut in 1/2-in/1-cm dice (250 g prepared)
- 2 garlic cloves, finely chopped (6 g)
- 1 teaspoon ground cumin (2 g)
- 1/2 teaspoon dried oregano
- 1 1/4 cups plain tomato passata (300 ml)
- 2 cans chickpeas, drained and rinsed (1 lb 1 oz/480 g drained total)
- 10 oz roasted red peppers from water or brine, drained and sliced (280 g prepared)
- 4 oz feta, crumbled (115 g)
- 1/4 teaspoon black pepper

Set out

Oven, 9×13 in (23×33 cm) baking dish, at least 3.5 qt/3.3 L, Heatproof bowl with cover, Kettle for water, Measuring jug, Large deep skillet, Fork, Rimmed baking sheet, Food thermometer

Allergens

Wheat, Milk; check couscous and pepper labels. Check labels and substitutions.

Make it

1. Heat oven to 400°F (205°C). Put the dish on a rimmed sheet. Drain peppers, reserving 30 ml packing liquid, then weigh and slice 280 g peppers. Put couscous in its bowl. Combine the reserved liquid with 270 ml just-boiled water, or adjust the water so their combined volume matches the packet for 250 g couscous. Pour over, cover for the packet standing time, usually 5 minutes, then fluff.

2. Heat oil in the skillet over medium heat. Cook onion 7–9 minutes until soft. Add zucchini and cook 6–8 minutes until nearly tender and loose water evaporates. Add garlic, cumin and oregano for 30 seconds.

3. Add passata, chickpeas and pepper and simmer 5–7 minutes until thick and steaming. Fold in sliced peppers and warm couscous gently.

4. Spread hot mixture in the dish and scatter feta. Bake 20–25 minutes until the surface is lightly golden and the center and several other spots reach 165°F (74°C).

5. Rest 5 minutes before dividing into six portions.

Make the liquid visible on paper

Write the couscous packet’s total beside the measured 30 ml pepper liquid before heating the kettle. Then subtract that 30 ml to find the water amount, rather than adding the brine on top of a full packet allowance.

A useful detail

The 75-minute total includes draining peppers, hydrating fine couscous, the skillet stage, full baking time and rest. This is a water- or brine-packed pepper recipe; do not substitute a jar of oil plus its packing oil.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F (32°C), at 40°F (4°C) or below. Use within 3 days or an earlier feta or opened-jar deadline. Reheat to 165°F (74°C), adding a small splash of water if needed. Freeze promptly cooled portions for up to 1 month for quality; thaw in the refrigerator. Couscous softens after storage.