

Ingredients

Serves 5 or 20

	5 SERVES	20 SERVES
Instant couscous	2 cups	8 cups
Boiling water	2 cups	8 cups
Olive oil	2 tbs	½ cup
Zucchini, chopped	3 medium (~750g)	8 medium (~2kg)
Eggplant, chopped	1 medium (~500g)	4 medium (~1.5-2kg)
Garlic, crushed	3 cloves	8 cloves
Oregano	1 tbs	3 tbs
Cumin	2 tsp	1.5 tbs
Tinned chickpeas, drained and rinsed	800g	3.2kg
Kalamata olives, pitted	1 cup	3 cups
Cherry tomatoes, halved	1 cup	4 cups



For dressing:

5 SERVES	20 SERVES
2 tbs olive oil	200mL olive oil
1/3 cup lemon juice	1 cup lemon juice
1/2 cup basil leaves (lightly packed), thinly sliced	1.5 cups basil leaves (lightly packed), thinly sliced

Method

1. Place couscous in a heat proof bowl and pour over boiling water. Stir with a fork and cover the bowl with plastic wrap or a tea towel. Set the bowl aside (minimum of 5 mins).
2. Heat olive oil in a frying pan over medium to high heat. Add the zucchini and eggplant and cook for several minutes or until tender. Add garlic and sauté for another minute. Remove vegetables from pan and allow them to cool.
3. Uncover the couscous and use a fork to separate the grains (see tip below). Season with oregano and cumin. Add chickpeas, cooked zucchini and eggplant, kalamata olives and cherry tomatoes.
4. For the dressing, combine olive oil, lemon juice and basil, pour over salad and toss well.

Nutrition, hints and tips

- Chickpeas are rich in protein, fibre and iron and are a time efficient and affordable addition to salads and main meals.
- This recipe is a great way to increase overall daily vegetable intake.

- When separating the couscous with a fork, do this lightly 'layer by layer' to avoid the couscous clumping together.
- This recipe could be served in smaller portions as a side-salad or as a light meal.
- Adapt by including other chopped vegetables e.g. mushrooms or capsicum.