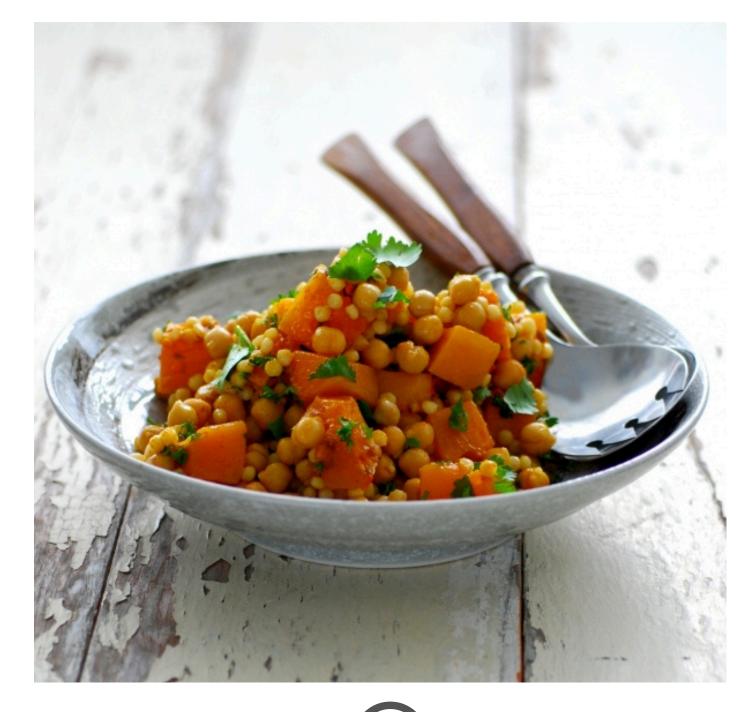


# Pumpkin &Chickpea Couscous

This simple recipe combines beautiful flavours with fresh, nutritious vegetables to create a colourful vegetarian lunch that everyone can enjoy. The tiny couscous grains and soft consistency make this a brilliant lunch for little ones!



Serves 10 children

45 minutes

## INGREDIENTS

Chick peas, canned, uncooked, rinsed 850g (2 cans)

## DIRECTIONS

1. Boil water and pour over noodles until

Pumpkin, raw, diced 240g (2 C) Sweet potato, raw, diced 150g (1 medium) Canola oil 5g (1tsp) Onion, raw, diced 90g (1 medium) Dates, fresh or dried, finely diced 95g (1/2 C)Corn kernels, canned, uncooked 420g (1 can) Parsley, fresh 30g(1/2 C)Peas, fresh or frozen  $250g(1 \frac{1}{2} C)$ Cumin seeds 8g (1 Tbs) Salt 1 pinch Pepper 1 pinch Couscous, raw 185g (1 C) Water, boiling 250g (1 C)

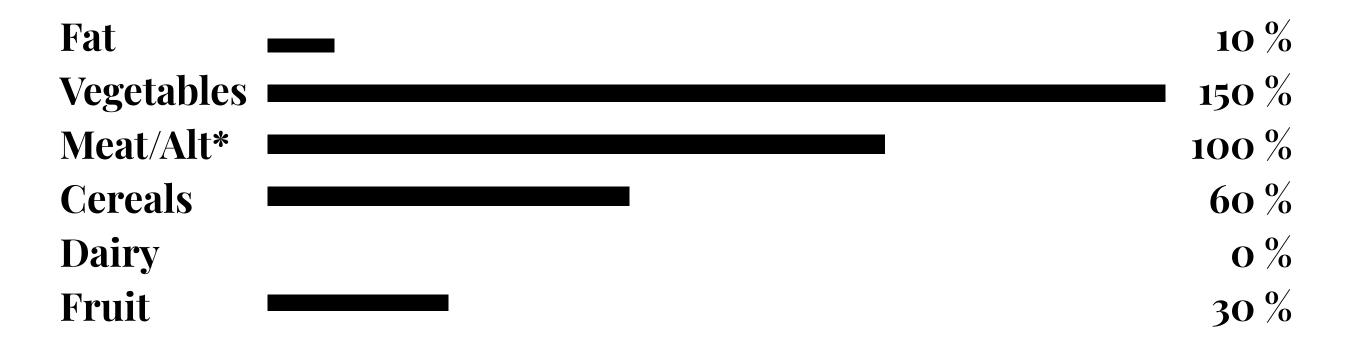
covered. Stir with fork. Leave for 10 minutes. Drain noodles.

- 2. Add eggs, peas, corn, grated carrot, diced capsicum, sweet chilli sauce and pepper. Mix with a wooden spoon.
- 3. Heat oil in fry pan. Scoop palm size amounts of mixture into fry pan.
- 4. Cook on both sides until golden brown. Makes 10 cakes.
- 5. Serve.

#### **Allergy Information**

Contains: wheat

#### **Childcare RDI Calculator:**



\* meat = lean meats, poultry and fish; meat alternatives = eggs, tofu, nuts, seeds, legumes and beans

This recipe is sources from the Nourish Cookbook: The complete guide for Food Coordinators in Education and Care Services

