

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)

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 1/2 C)

Cumin seeds 8g (1 Tbs)

Salt 1 pinch

Pepper 1 pinch

Couscous, raw 185g (1 C)

Water, boiling 250g (1 C)

DIRECTIONS

1. Boil water and pour over noodles until 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:

Fat	<div></div>	10 %
Vegetables	<div></div>	150 %
Meat/Alt*	<div></div>	100 %
Cereals	<div></div>	60 %
Dairy		0 %
Fruit	<div></div>	30 %

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

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