

VEGAN HARISSA CHICKPEA & LIME STEW WITH COUSCOUS



Feed your family of four for £5 with this tasty vegan harissa chickpea & lime stew. You can make it yourself, just scan below to watch the method and get the recipe card.

SCAN ME



TO WATCH

SCAN ME



FOR THE RECIPE CARD



INGREDIENTS

Main Ingredients	Cost £
2 x Tins of Chickpeas in Water	1.18
20g Harissa Paste	0.40
1 x Brown Onion	0.12
3 x Garlic Cloves	0.14
1 x Green Pepper	0.55
1 x Tin of Chopped Tomatoes	0.35
1/2 Aubergine	0.43
1 x Lime	0.24
1 x Vegetable Stock Cube	0.09
240g Couscous	0.55
360ml Water	0.00
15g Coriander	0.26
<b>TOTAL COST</b>	<b>4.31</b>

Prices correct at time of printing and may vary. All items available from leading supermarkets.

Please observe the allergen information on the product packaging.

Based on a family of four.

View our videos online



THE COUSCOUS

6.

Boil the water in a saucepan and add the stock cube.

7.

Measure the couscous into a heat proof bowl, add the stock and boiled water. Cover tightly with cling film or a lid and leave for 10 minutes.

8.

Shred and add the coriander to garnish before serving.

ZERO WASTE

Save the chickpea water you have drained to make vegan meringues for your dessert!\* additional cost, not costed into original recipe.



THE STEW

1.

1st Preparation! Dice the onion, pepper and aubergine then grate the garlic cloves.

2.

Gently fry the onion and pepper in a saucepan with a little oil until softened and they start to brown. Then add the aubergine, garlic and harissa paste and fry for another 2-3 mins.

3.

Add the tinned tomatoes and fill the empty tin half full with water to rinse the tin out and add this to the stew.

4.

Add the zest and juice of the lime.\* Then drain the chickpea water (save the water) and add the chickpeas to the stew.

5.

Simmer on a low heat for 30 minutes.

MEANWHILE...

- ♥ Good for you
- 🌍 Good for the planet



VEGAN HARISSA CHICKPEA & LIME STEW WITH COUSCOUS



Go Wholemeal!

Eat brown bread, whole wheat pasta and brown rice to **feel fuller for longer** and increase the amount of zinc and iron in your diet

Squeeze some citrus fruits into your day and feel zesty!

Containing **Vitamin C**, they can help you **feel less tired** and help with the normal function of your immune system.

ABC

HELP YOUR CHILD SOAR WITH A SCHOOL MEAL!

And it could be FREE! Check to see if your child is now eligible.

2+2=4

Save money, Save time, Save hassle.

Ask at the office to find out more!

Fuel your child with energy!

All Reception, Year 1 and Year 2 meals are FREE!!

What's in season?

FOOD FESTIVAL

JUNE

LETTUCE

RAINBOW ALLEY

# LETTUCE FUN FACTS

- 1. SALAD SUPERSTAR:** LETTUCE IS LIKE THE SUPERSTAR OF SALADS! IT ADDS CRUNCH, COLOUR, AND FRESHNESS TO YOUR PLATE.
- 2. COOL WEATHER FRIEND:** LETTUCE LOVES COOLER WEATHER AND GROWS BEST IN SPRING AND AUTUMN WHEN THE TEMPERATURES ARE NOT TOO HOT.
- 3. MIXING COLOURS:** SOME SALADS ARE EVEN MORE FUN WHEN YOU MIX DIFFERENT COLOURED LETTUCES TOGETHER. IT'S LIKE CREATING A COLOURFUL ARTWORK ON YOUR PLATE.
- 4. COOKING CREATIVITY:** YOU CAN GET CREATIVE BY MAKING LETTUCE WRAPS. YOU CAN FILL BIG LETTUCE LEAVES WITH TASTY FILLINGS LIKE CHICKEN OR VEGGIES.
- 5. WATER-LOVING PLANT:** LETTUCE NEEDS PLENTY OF WATER TO GROW WELL. IT'S LIKE A THIRSTY LITTLE PLANT!

Did you know?  
INTERNATIONAL FACT

The ancient Egyptians used lettuce in their meals over 4,000 years ago!

# LINK THE LETTUCE

Link the baskets to the correct number of lettuces.



7



2



5



4

