



Ingredients

2 cups chicken stock,
2 cinnamon sticks,

1½ cups couscous,

1 tablespoon olive oil,
1 medium onions
2 cloves garlic, crushed,
1 teaspoon ground cumin,
1 teaspoon ground turmeric,

1/3 cup silvered almonds, roasted,
1 small capsicum, chopped
Zest and juice of 1 lemon,
150g artichokes hearts, chopped,
Salt & cracked pepper to taste,
1/3 cup mint, chopped,



How to Prepare

1. Place stock and cinnamon sticks in a saucepan and bring to the boil. Reduce heat and simmer covered for approximately 12 mins. Remove cinnamon sticks.
2. Place couscous in a large bowl, add hot chicken stock and stand for about 5 minutes, fluffing with a fork occasionally to avoid couscous from clumping together.
3. Add oil to a frypan and heat. Add onions, garlic, cumin and turmeric. Cook until onion is soft.
4. Add couscous to pan and stir well. Add almonds, capsicum, artichoke hearts, lemon juice and zest, mint, salt and pepper. Mix well.

Serves 6

