

Vegan chickpea and couscous salad

- Dairy-free
- Egg-free
- Lactose-free
- Nut-free
- Peanut-free
- Sesame-free
- Soy-free
- Shellfish-free
- Seafood-free

Coles Cooking Club member Fatimah makes this colourful couscous and chickpea salad as a side to serve during Eid celebrations.

For more food ideas and recipe inspiration, join the Coles Cooking Club Facebook group at [coles.com.au/colescookingclub](https://www.coles.com.au/colescookingclub).

- Serves 44, as a side
- Prep time 20 mins

Ingredients

- 1 cup (200g) couscous
- 1/2 cup (80g) sultanas
- 1 1/4 cups (310ml) hot vegetable stock
- 1 large carrot, peeled, coarsely grated
- 1 red capsicum, seeded, finely chopped
- 1/4 large red onion, finely chopped
- 400g can chickpeas, rinsed, drained
- 2 tbs finely chopped flat-leaf parsley
- Chopped flat-leaf parsley, extra, to serve

Dressing

- 1/4 cup (60ml) extra virgin olive oil
- 2 tbs lemon juice
- 1 garlic clove, crushed
- 1 tsp ground cumin

- 1/2 tsp ground coriander
- 1/2 tsp ground ginger
- 3/4 tsp salt

Nutritional information

Per serve: Energy: 1334kJ/319 Cals (15%), Protein: 10g (20%), Fat: 9g (13%), Sat Fat: 1g (4%), Sodium: 614mg (31%), Carb: 50g (16%), Sugar: 11g (12%), Dietary Fibre: 3g (10%).

Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).

Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

Method

1. Step 1

Place couscous, sultanas and stock in a large bowl. Cover and set aside for 10 mins or until liquid is absorbed. Use a fork to separate the grains

2. Step 2

To make the dressing, combine the oil, lemon juice, garlic, cumin, coriander, ginger and salt in a jug and whisk until well combined.

3. Step 3

Add half the dressing to the couscous mixture and stir to combine. Add the carrot, capsicum, onion, chickpeas and parsley and toss to combine. Drizzle with the remaining dressing and toss to combine. Sprinkle with extra parsley. Serve warm or at room temperature.