

Pumpkin serves with Couscous



Preparation Time: 15 minutes

Cooking Time: 30 minutes

Serves: 3

Ingredients:

Olive oil - 1.5 tbsp

Pumpkin - 1 big, cut into cubes

Onion - 1 medium, sliced

Tomato - 1 medium, cut into small squares

Red pepper - 1 big, cut into small cubes

Red chili flakes - 1 tsp

Dried parsley - 2 tsp

Paprika - 3 tsp

Cumin powder - 1.5 tsp

Turkish spice mix - 1 tsp. You can prepare this at home as well by mixing black pepper, fennel seeds, cumin seeds, coriander seeds, cinnamon and cloves in a grinder into a powder.

Vegetable stock - 1 cup

Couscous - 1 cup

Salt - to taste

Step 1: Boil the couscous with salt according to the packet instructions. Keep aside.

Step 2: Heat oil in a pan. Add the onions and tomatoes and cook for 2 minutes.

Step 3: Add the cumin powder, spice mix, paprika and dried parsley. Mix well. Follow by adding the red pepper. Stir and mix well. Cook for around 3 minutes.

Step 4: Add the pumpkin cubes and mix well. After stirring occasionally for another 5 minutes, add the vegetable stock. Let it cook until the pumpkins are soft. Stir every few minutes as needed. Add salt for taste.

Step 5: Transfer to a serving dish. Serve hot with the couscous.