

## Autumn Couscous with with carrots, cinnamon, dried apricots and coriander leaves

Serves: 4

Preparation time: 15 min

Cooking time: 15 min

### Ingredients:

2 medium carrots, peeled and cut into 2cm chunks  
2 medium parsnips, peeled and cut into 2cm chunks  
1 Knorr Carrot and Parsnip Soup sachet mixed in 350ml of boiling water  
8 shallots, peeled  
2 cinnamon sticks  
4 star anise  
3 bay leaves  
5 tbsp olive oil  
½ tsp ground ginger  
¼ tsp ground turmeric  
¼ tsp hot paprika ¼ tsp chilli flakes  
300g pumpkin or butternut squash, peeled and cut into 2cm chunks  
75g dried apricots, roughly chopped  
200g chickpeas (canned or freshly cooked)  
170g couscous  
1 Knorr Vegetable Stock Pot mixed in 260ml of boiling water  
Large pinch of saffron threads  
20g butter, broken into pieces  
25g harissa paste  
10g lemon zest  
¾ tsp salt Coriander leaves

### Method:

Preheat the oven to 190°C/Gas Mark 5. Place the carrots, parsnips and shallots in a large ovenproof dish. Add the cinnamon sticks, star anise, bay leaves, 4 tablespoons of the oil, ¾ teaspoon salt and all the other spices and mix well. Place in the oven and cook for 15 minutes.

Add the butternut squash, stir and return to the oven. Continue cooking for about 35 minutes, by which time the vegetables should have softened while retaining a bite.

Add the dried apricots and the chickpeas together with the Knorr Carrot and Parsnip Soup mixture. Return to the oven and cook for a further 10 minutes, or until hot.

About 15 minutes before the vegetables are ready, put the couscous in a large heatproof bowl with the remaining 1 tablespoon olive oil, the saffron and ½ teaspoon salt. Pour the boiling water mixed with the Knorr Vegetable Stock Pot over the couscous. Cover the bowl with cling film and leave for about 10 minutes. Then add the butter and fluff up the couscous with a fork until the butter melts in. Cover again and leave somewhere warm.

To serve, spoon couscous into a deep plate or bowl. Stir the harissa and lemon into the vegetables, add the vegetables into the centre of the couscous & serve with plenty of coriander leaves.