



## **Vegetable Couscous with Wild Blueberries (vegan)**

### **Ingredients:**

1 cup (250 mL) vegetable stock  
3 tbsp (45 mL) olive oil  
1 cup (250 mL) couscous  
1 tsp (5 mL) grated lemon rind  
Pinch ground cumin  
2 carrots, diced  
1 small zucchini, diced  
1/4 cup (50 mL) walnut halves, chopped  
1 1/4 cups (300 mL) frozen wild blueberries  
1/2 cup (125 mL) cooked (canned) chickpeas  
Salt and pepper  
4 sprigs each fresh coriander and flat leaf parsley, chopped



### **Preparation:**

In small saucepan, bring vegetable stock and 2 tbsp (25 mL) of the oil to boil. Add couscous, lemon rind and cumin; stir to combine. Remove from heat and cover; let stand for 5 minutes. Fluff with fork and scrape into large bowl.

Meanwhile, heat remaining oil in skillet over medium heat and cook, carrots for 5 minutes or until softened. Add zucchini and cook for 3 minutes or until softened. Remove from heat and add walnuts. Add to couscous. Add wild blueberries and chickpeas to bowl. Season with salt and pepper to taste. Add coriander and parsley and stir to combine well. Tip: cover and store in refrigerator for up to 3 days.

**Preparation Time:** 20 minutes; cook time: 13 minutes

**Servings:** 4

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Recipe to be used in association with or credited to the Wild Blueberry Association of North America ([www.wildblueberryassociation.ca](http://www.wildblueberryassociation.ca)). For additional recipes, visuals and information or to arrange an interview or in-studio segment, please contact Susan Willemsen or Ruth Colapinto at The Siren Group Inc. Tel: (416) 461-5270. Email: [susan@thesirengroup.com](mailto:susan@thesirengroup.com) or [ruth@thesirengroup.com](mailto:ruth@thesirengroup.com). Visit [www.thesirengroup.com](http://www.thesirengroup.com) or on Twitter, Facebook and Instagram @thesirengroup.