**Couscous with Chickpeas and Dates**

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**You will need:**

I tin of chickpeas

Half and mug of dates- chopped into small pieces

3 grated carrots

1 mug of couscous (150gms)

2 mugs of water

1 tablespoon of chopped onion (either red, white or spring onions)

1 stock cube

2 tablespoons of vinegar and 4 tablespoons of oil

1 heaped teaspoon of cinnamon, about ½ teaspoon each of salt and pepper.

A handful of parsley

* Take a large bowl and pour in the mugful of couscous.
* Melt the stock cube in one mug of boiling water then add it and another mug of water to the couscous and leave it to stand for 5 minutes while the couscous soaks up the water.
* Leave the couscous to cool then add the Chickpeas, Dates, carrots, and onions and mix together really well.
* To make the dressing put the vinegar, oil, salt, pepper and cinnamon in a small bowl and beat them together.
* Pour the dressing over the couscous. Sprinkle the parsley over the top of the salad.

