

## Pumpkin and chocolate Stew with Couscous

200g couscous  
200ml hot stock  
2 tablespoons raisins  
2 tablespoons olive oil  
2 onions, peeled and finely chopped  
1 tablespoon tomato paste  
2 garlic cloves, finely chopped  
1 teaspoon paprika  
1 teaspoon dried oregano  
1 pumpkin, butternut or carrots, peeled and diced (approximately 650g)  
400g tin of chopped tomatoes  
400g tin of haricot beans, drained and rinsed  
30g dark chocolate  
1 handful coriander, chopped to serve

Put the couscous in a bowl and pour over the hot stock (the liquid needs to just cover the couscous). Cover with a tea towel and fluff up with a fork when the liquid has been absorbed before stirring through the raisins.

Heat the oil in a pan and add the onions, tomato paste and garlic. Sauté until soft, then add the paprika and oregano. Add the pumpkin, tomatoes and 50ml water and bring to a simmer. Cook for about 30 minutes or until the pumpkin is tender. Season to taste with salt and pepper. Stir in the beans and the chocolate and adjust the seasoning if necessary. Top with the chopped herbs and serve with the couscous.

