

Chilli and Barley Couscous (serves 2)

We usually think of chilli con carne served with rice but here the accompaniment is barley couscous. This has a slightly nuttier flavour than the more common wheat couscous and is much higher in fibre than either wheat couscous or rice. For variety, and to include extra barley, some of the kidney beans can be replaced with pearl barley but remember to increase the cooking time accordingly as barley normally takes about 50 minutes to cook through. The amount of chilli powder in the recipe can be increased or decreased according to how spicy you want the dish.

Ingredients

180g lean minced beef

1 large onion, chopped

1 red pepper, chopped

400g tinned tomatoes

1 small tin of kidney beans

1 heaped tablespoon of tomato puree

2 teaspoons of chilli powder

½ beef stock cube

80ml water

1 clove garlic

Pinch of dried oregano

Pinch of cumin seeds

100g of uncooked barley couscous

200g water

1 tablespoon of olive oil

Method

1. In a large pan, cook the mince until just brown.
2. Add in the onions, garlic, spices and stir.
3. Add all the remaining ingredients and simmer for 30 minutes.
4. Prepare the couscous as per the instructions on the packet.

Nutrition information

Per 100g	Energy 410kJ 98kcal	Fat 2.7g	Saturates 0.9g	CHO 11.3g	Sugars 2.9g	Protein 5.7g	Fibre 2.7g	Salt 0.29g
Per Serving 565g	Energy 2315kJ 551kcal	Fat 15g	Saturates 4.9g	CHO 64g	Sugars 16.6g	Protein 32.2g	Fibre 15.5g	Salt 1.64g

Oat/Barley content

50g
of barley per
portion

