


COUSCOUS WITH VEGETABLES

Recombine old favourite flavours and create a delicious new dish. That's the best way to describe this couscous recipe. With seasonal vegetables like tomatoes, onions, or fresh ginger, it has everything it needs. And if you like it extra spicy, just top it off with some fresh chilli. It's a dish you can experiment with a lot, so there's something for everyone to love.

INGREDIENTS

FOR THE COUSCOUS <ul style="list-style-type: none">○ 160 g precooked couscous○ 320 g Vegetable stock○ 10 g extra virgin olive oil○ Turmeric powder 1 teaspoon○ Salt to taste TO DECORATE: Roasted almonds and a few mint leaves	FOR VEGETABLES <ul style="list-style-type: none">○ 180 g Carrots○ 180 g Aubergines○ 100 g Cherry tomatoes○ Salt to taste○ 20 g Extra virgin olive oil○ 1 fresh chilli pepper○ 100 g Fresh spring onion○ 1 clove of garlic○ 180 g Courgettes○ 100 g Celery○ 10 g Fresh ginger	 A top-down view of a blue ceramic bowl filled with a vibrant mixture of couscous and vegetables. The ingredients include yellow-orange couscous, red cherry tomatoes, green courgettes, and other vegetables, all mixed together. The bowl is set against a light blue background.
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VEGETABLE PREPARATION

1. Cut the chilli pepper into strips and remove the seeds inside. Wash and clean the vegetables, then roughly chop the spring onion and cut the aubergine into cubes.
2. Cut the carrots, first into slightly diagonal slices, and then cut the carrots into stripes.
3. Repeat the same cut for the courgettes. Again, keeping a slightly diagonal cut,
4. Cut the celery into chunks.
5. Finally, cut the cherry tomatoes in half lengthways.
6. Place a large wok pan on the hob and heat up a little oil. Briefly fry the chilli and the whole peeled garlic clove in it, and as soon as the oil has taken on flavour, add the aubergines and spring onion first. Let the aubergines burn properly, without adding more oil to prevent them from becoming too impregnated, then add the carrots and after a few minutes the celery and courgettes.
7. Add salt and pepper to taste.
8. Stir-fry the vegetables over a high heat (just a few minutes), then remove the garlic and add the cherry tomatoes. Continue cooking for a further 1-2 minutes, then turn off the heat. The vegetables are ready. As a final touch, grate in the ginger.
9. Mix well and set aside.

COUSCOUS PREPARATION

1. Heat a little olive oil in a Wok-type pan, pour in the Couscous, season with salt, turmeric and oil, mix and cover with hot vegetable stock. The couscous should be well covered with liquid and stirred until all the liquid has evaporated and the semolina is again loosely rising.
2. Then add the prepared vegetables to the couscous and mix well.
3. Before serving, roast the almond leaves (or pine nuts) in a pan without fat until lightly browned and pour over the couscous and garnish with mint leaves.