

Couscous with Olives and SunDried Tomato

Jacob · 30/09/2024



Prep Time

50 mins

Difficult

Medium

Servings

4

Description

This couscous with olives and sundried tomatoes is a delicate flavorful dish that will satisfy vegans and carnivores alike Inspired by my familys deep Coptic Orthodox Christian tradition this is a great meal alternative during strict fasting times It contains no animal products or fats but has enough flavor and visual impact to make you feel like youre not sacrificing a thing I hope you will enjoy this recipe Add chicken or prawns to make this vegan dish a carnivorous delight

Ingredients

- - 1 ¼ cups vegetable broth - 1 ¼ cups water - 2 cups pearl (Israeli) couscous - 1 pinch salt - 1 pinch ground black pepper - 5 tablespoons olive oil
- divided - ½ cup pine nuts - 4 cloves garlic
- minced - 1 shallot
- minced - ½ cup sliced black olives - ? cup sun-dried tomatoes packed in oil
- drained and chopped - 1 cup vegetable broth - ¼ cup chopped fresh flat-leaf parsley

Instructions

1. Bring 1 1/4 cups vegetable broth and water to a boil in a saucepan
2. stir in couscous
3. and mix in salt and black pepper. Reduce heat to low and simmer until liquid is absorbed
4. about 8 minutes. Meanwhile
5. heat 3 tablespoons olive oil in a large skillet over medium-high heat; stir in pine nuts and cook
6. stirring frequently
7. until pine nuts smell toasted and are golden brown
8. about 1 minute. Remove from heat and set aside. Heat remaining 2 tablespoons olive oil in the same large skillet; cook and stir garlic and shallot in the hot oil until softened
9. about 2 minutes. Stir black olives and sun-dried tomatoes into garlic mixture and cook until heated through
10. 2 to 3 minutes
11. stirring often. Slowly pour in 1 cup vegetable broth and bring mixture to a boil. Reduce heat to low and simmer until sauce has reduced
12. 8 to 10 minutes. Transfer couscous to a large serving bowl
13. mix with sauce
14. and serve topped with parsley and pine nuts.