

25Minute Tunisian Vegetable Couscous

Jacob · 30/09/2024



Prep Time

25 mins

Difficult

Medium

Servings

6

Description

A perfect summer meal What I love about this recipe is the practicality it is both quick to make and can wait for you theres no hurry to serve Its also a satisfying vegetarian meal that even carnivores love or if a member of your household prefers meat a chicken breast poached in water wine and paprika and then sliced very thin can be added I do highly recommend the garnish I devised it can be made very quickly while the couscous is cooking Or even if you just zest a navel orange over this dish the aroma is heavenly and it brings the flavors together Enjoy

Ingredients

- - 1 tablespoon olive oil - 1 red onion
- chopped - 1 zucchini
- coarsely chopped - 1 yellow squash
- coarsely chopped - 1 carrot
- coarsely chopped - 1 red bell pepper
- coarsely chopped - 1 yellow bell pepper
- coarsely chopped - ½ cup sliced baby portabella mushrooms - 4 cups vegetable broth - ½ teaspoon smoked sweet paprika (Optional) - ¼ teaspoon ground cardamom - ¼ teaspoon salt - 1 tablespoon chopped fresh cilantro - 1 (16 ounce) can chickpeas
- drained - 2 Roma tomatoes
- sliced - 2 cups dry couscous - 1 teaspoon grated orange zest - 1 tablespoon grated Parmesan cheese (Optional) - ½ teaspoon paprika (Optional) - 1 tablespoon finely chopped toasted almonds (Optional)

Instructions

1. Heat oil in large pot over medium-low heat. Place onion
2. zucchini
3. yellow squash
4. and carrot in pot and cook
5. stirring occasionally
6. until onions begin to soften and turn translucent
7. about 5 minutes. Stir in the red and yellow peppers and mushrooms; cook another 3 minutes. Vegetables should still be firm. Pour in the vegetable stock and season with paprika
8. cardamom
9. salt
10. and cilantro. Bring mixture to a boil; reduce heat to low. Stir in chickpeas and tomatoes. Slowly pour in the couscous; stir. Cover pot immediately and remove from the heat. Let stand
11. covered
12. for 5 minutes. Fluff couscous with a fork. The couscous should have absorbed about half the cooking liquid. Serve at slightly warmer than room temperature. Garnish with orange zest and the grated cheese
13. paprika
14. and almonds.