

## Vegetable Curry Couscous

Savannah · 29/09/2024



### Prep Time

45 mins

### Difficult

Medium

### Servings

4

### Description

A variety of veggies make this interesting side dish versatile I like to serve chicken in an apple onion and curry sauce over the top and sprinkle it with flaked coconut Can also be made with quinoa just adjust cooking time

### Ingredients

- - 1 teaspoon vegetable oil - ½ small onion
- chopped - 1 small leek
- cleaned and thinly sliced - 1 stalk celery
- thinly sliced - ½ red bell pepper
- chopped - 3 cloves garlic
- minced - 1 ½ cups chicken stock - 1 carrot
- grated - 2 tomatoes - peeled
- seeded and chopped - ½ cup couscous - ¼ cup golden raisins - ¼ cup dried currants - 1 teaspoon curry powder
- or to taste - 1 pinch ground turmeric
- or to taste - salt and ground black pepper to taste - 2 tablespoons sliced almonds

### Instructions

1. Place vegetable oil in a saucepan over medium heat
2. and cook and stir the onion
3. leek
4. celery
5. red bell pepper
6. and garlic until the onion is translucent
7. about 5 minutes. Pour in the chicken stock
8. bring to a boil
9. and stir in the carrot
10. tomatoes
11. couscous
12. raisins
13. and currants. Season with curry powder
14. turmeric
15. salt
16. and black pepper; bring the mixture back to a boil. Reduce heat to low
17. cover the pan
18. and allow to cook for 5 minutes. Remove from heat. Let the couscous stand covered for 5 minutes
19. and fluff with a fork. Sprinkle with sliced almonds. Cook's Notes Please add curry in half-teaspoon increments to achieve desired flavor and heat. Most couscous will cook in five minutes' time. I also make this using quinoa on occasion.