



B.PRO

Vegetable couscous with Tahini dressing

Ingredients:

2 small aubergines
 300 g courgette
 8 stalks of thyme
 2 tsp harissa (as desired)
 2 tbsp olive oil
 300 ml vegetable stock
 1/2 tsp ground cinnamon
 Salt
 200 g red onions
 2 red bell peppers
 300 g low-fat yoghurt
 4 tsp Tahini (sesame paste)
 150 g couscous
 1/2 tsp turmeric

Accessories:

Induction wok
 Ceran hob
 Griddle

Preparation:

Wash the aubergines, cut into 1 cm cubes, salt and leave aside.
 Thinly slice the onions. Wash the courgettes and cut into small sticks. Briefly brown the peppers, peel off the skin and finely dice the flesh. Wash the thyme and pluck, then chop. Leave some leaves whole.
 For the dressing, mix the harissa and Tahini and season with a little salt.
 In the wok, sweat the onions for approx. 3 mins, stirring constantly. Pat the aubergine cubes dry with kitchen paper, add to the onions and fry for another 3 mins. Add the diced pepper and chopped thyme.
 Fry the courgette sticks separately for 1 min.
 Mix everything together and cook over a low heat. The pepper and courgette should still have some bite. Season with salt and pepper.
 Bring the stock to the boil, mix the couscous with the cinnamon and turmeric and pour over the stock. Leave to steep for approx. 5 mins. Mix the couscous with the vegetables. Plate, and pour the sauce separately. Garnish with thyme leaves.

Notes:

Preparation time: approx. 30 mins / difficulty level: easy / calories p.p.: n/a

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556 g CO₂ per portion

65 % LESS CO₂ than the average when preparing this recipe.

More info on this recipe at Eaternity: www.eaternity.org

