Vegetarian Couscous

NIBBLEDISH CONTRIBUTOR

Ingredients

- 250g Couscous
- 3 cups hot vegetable stock
- 2 onions, chop and saute
- 2 zucchinis (all veggies cleaned and cubed or slices)
- 1 aubergine (ca. 300g)
- 300g tomatoes
- carrots
- champignons
- 500g natural yogurt
- salt & pepper
- a bunch of parsley
- mint
- 3 tbsp. olive oil
- 2 tbsp. butter
- lemon zest
- paprika
- Ajvar (relish made from red bell peppers – originates in the Serbian kitchen)
- cayenne pepper

Instructions

In the mood for a light and oriental dish? Then try this veggie couscous recipe (add some roasted chicken if you like). It’s so easy and quick to make.

1. Saute onions with olive oil until golden brown.

2. Add zucchinis, aubergine, carrots, champignons and tomatoes.
3. Sautee just barely tender for a couple of minutes.
4. Add spices, cover and simmer for another 5 minutes – stirring occasionally.
5. In a large saucepan, cover the couscous with the broth. Bring to a boil, cover, remove from heat and allow to sit for a couple minutes, until couscous becomes light and fluffly.
6. Pure the couscous, mint, parsley and butter over the veggies, mix and serve hot.

Yogurt Sauce

1. Flavour the yogurt generously with lemon zest – & juice, salt, pepper, Ajvar, cayenne pepper, paprika and parsley. Serve with the couscous.