

Vegetable couscous

Recipe for 4 persons

Description

A vegetable dish coming from Marocco.

Ingredients

For the couscous

- 300 Gr Couscous
- 150 Gr Frozen shelled horse beans
- 1 Unit(s) Onion
- 2 Unit(s) Turnip
- 2 Unit(s) Carrot
- 2 Unit(s) Italian tomatoes
- 2 Unit(s) Zucchini
- 4 Unit(s) Artichoke heart
- 50 Gr Chickpeas
- 100 Gr Butter
- 15 Ml Ras el hanout
- 2 Liter(s) Vegetable stock
- 8 Clove(s) Garlic
- 60 Ml Harissa

- Olive oil
- Salt and pepper

Preparation

- Preparation time **90 mins**

For the preparations

Peel and mince the onion. Peel and cut the carrots and the turnips in big pieces. Slice the tomatoes and the zucchinis. Dice the artichoke. With your fingers, work the couscous with some oliv oil.

For the couscous

In a big pot with oliv oil, sweat the onion and hte garlic, add the vegetables and the chickpeas, cover with the vegetable stock. Add the ras el-hanout, bring it to boil and let it cook around one hour on medium heat until the vegetables get tender. 20 minutes before the end of the cooking, pour 600 ml of hot stock on the couscous, cover it and let it cook, just before serving work the cousocus with the butter and fix the seasoning. Serve the couscous on the side, and some harissa on the side also.

Bon appétit!