



Cook the Book: Eggs Poached in Tomato Sauce on Couscous with Oregano and Parsley



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



370 kcal

SAUCE

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 28 ounce canned tomatoes whole peeled canned
- ☐ 0.7 cup couscous
- ☐ 4 eggs at room temperature
- ☐ 2 cloves garlic chopped
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 onion chopped

- ☐ 1 tablespoon oregano
- ☐ 0.3 cup parsley finely chopped
- ☐ 4 servings salt
- ☐ 3 slices bread whole wheat white thick cut into cubes

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ spatula

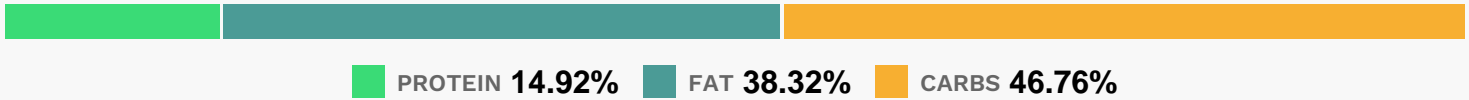
Directions

- ☐ Heat a wide saucepan or deep frying pan over low heat and add 1 tablespoon of the oil. When it is thinned and fragrant, add the onion and sweat it down over low heat until the pieces are translucent.
- ☐ Add the garlic and season with salt, and stir them in for a minute or so. Crumble in the oregano and grind a generous amount of black pepper over all. Stir this in over low heat for another minute or two.
- ☐ Add the tomatoes and their juices to the pan, breaking up the tomatoes with a spatula. Increase the heat to create little bubbles at the edges, then lower the heat to maintaining a steady, slow simmer for 10 to 15 minutes.
- ☐ Heat 1 tablespoon of the remaining olive oil in a saucepan over medium heat, and when it is hot, add the couscous. Stir it around in the oil; add 1 1/3 cups water and salt to taste. Cover the pan, and cook until all the water is absorbed, about 8 minutes. Uncover and fluff the couscous grains with two forks.
- ☐ Crack the eggs one at a time into the simmering tomato sauce, spacing them evenly around the pan.
- ☐ Sprinkle the grated cheese over the surface and cover the pan. Poach the eggs for 10 minutes on medium-low heat, or until the whites are set and the yolks are creamy.
- ☐ As the eggs cook, make croutons: Using a cast-iron frying pan, heat the remaining 1 tablespoon olive oil and fry the croutons over medium-high heat until they are crisp and

golden on all sides, turning them as necessary.

- ☐
- Remove these to a paper towel to drain.
- ☐
- To serve, fill shallow bowls with the couscous, then spoon on some tomato sauce and one of the eggs.
- ☐
- Add more salt to taste; scatter croutons and the chopped parsley on top.

Nutrition Facts



Properties

Glycemic Index:65.17, Glycemic Load:19.79, Inflammation Score:-9, Nutrition Score:22.846956646961%

Flavonoids

Apigenin: 10.81mg, Apigenin: 10.81mg, Apigenin: 10.81mg, Apigenin: 10.81mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 6.61mg, Quercetin: 6.61mg, Quercetin: 6.61mg, Quercetin: 6.61mg

Nutrients (% of daily need)

Calories: 369.83kcal (18.49%), Fat: 16g (24.62%), Saturated Fat: 3.09g (19.31%), Carbohydrates: 43.94g (14.65%), Net Carbohydrates: 38.03g (13.83%), Sugar: 7.09g (7.87%), Cholesterol: 163.68mg (54.56%), Sodium: 642.13mg (27.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.02g (28.05%), Vitamin K: 103.92µg (98.97%), Manganese: 0.98mg (49.13%), Vitamin C: 27.64mg (33.5%), Selenium: 19.54µg (27.92%), Iron: 4.47mg (24.82%), Vitamin E: 3.71mg (24.74%), Fiber: 5.91g (23.63%), Phosphorus: 233.54mg (23.35%), Vitamin B2: 0.39mg (22.84%), Vitamin B6: 0.44mg (22.08%), Vitamin A: 914.11IU (18.28%), Potassium: 625.25mg (17.86%), Vitamin B3: 3.55mg (17.75%), Vitamin B1: 0.26mg (17.22%), Folate: 66.99µg (16.75%), Calcium: 163.88mg (16.39%), Magnesium: 65.14mg (16.29%), Copper: 0.32mg (15.97%), Vitamin B5: 1.49mg (14.87%), Zinc: 1.61mg (10.72%), Vitamin B12: 0.39µg (6.53%), Vitamin D: 0.88µg (5.87%)