



Couscous and Mograbiah with Oven-Dried Tomatoes

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



285 kcal

SIDE DISH

Ingredients

- 2 tbsp balsamic vinegar
- 6 servings pepper black freshly ground
- 1.5 cups couscous
- 2 tbsp muscovado sugar
- 0.7 cup olive oil
- 2 onion thinly sliced
- 16 large plum tomatoes ripe cut in half lengthwise

- 1 pinch saffron threads
- 1 tbsp nigella seeds
- 1 tbsp tarragon
- 1.7 cups vegetable stock

Equipment

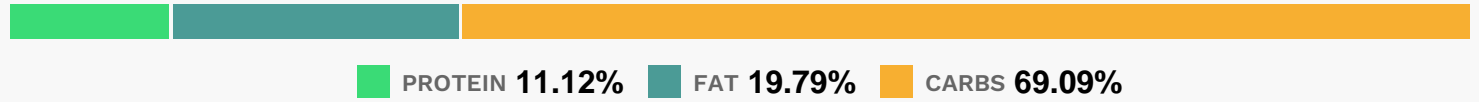
- bowl
- frying pan
- baking sheet
- oven
- whisk
- pot
- plastic wrap

Directions

- Preheat the oven to 300°F / 150°C. Arrange the tomato halves, skin side down, on a baking sheet and sprinkle with the sugar, 2 tablespoons of the olive oil, the balsamic vinegar, and some salt and pepper.
- Place in the oven and bake for 2 hours, until the tomatoes have lost most of their moisture.
- Meanwhile, put the onions in a large pan with 4 tablespoons of the olive oil and sauté over high heat for 10 to 12 minutes, stirring occasionally, until they are a dark golden color.
- Throw the mograbiah into a large pan of boiling salted water (as for cooking pasta). Simmer for 15 minutes, until it is soft but still retains a bite; some varieties might take less time, so check the instructions on the packet.
- Drain well and rinse under cold water.
- In a separate pot, bring the stock to a boil with the saffron and a little salt.
- Place the couscous in a large bowl and add 3 tablespoons of the olive oil and the boiling stock. Cover with plastic wrap and leave for 10 minutes.
- Once ready, mix the couscous with a fork or a whisk to get rid of any lumps and to fluff it up.

Add the cooked mograbiah, the tomatoes and their juices, the onions and their oil, the tarragon, and half the nigella seeds. Taste and adjust the seasoning and oil. It is likely that it will need a fair amount of salt. Allow the dish to come to room temperature. To serve, arrange it gently on a serving plate, place the labneh on top (in balls or spoonfuls), drizzle with remaining oil, and finish with the rest of the nigella seeds.

Nutrition Facts



Properties

Glycemic Index:66.17, Glycemic Load:23.89, Inflammation Score:-8, Nutrition Score:11.697391370068%

Flavonoids

Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg

Nutrients (% of daily need)

Calories: 285.27kcal (14.26%), Fat: 6.32g (9.72%), Saturated Fat: 0.9g (5.61%), Carbohydrates: 49.62g (16.54%), Net Carbohydrates: 44.63g (16.23%), Sugar: 11.16g (12.4%), Cholesterol: 0mg (0%), Sodium: 278.14mg (12.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.99g (15.98%), Manganese: 0.66mg (33.08%), Vitamin C: 25.77mg (31.24%), Vitamin A: 1551.19IU (31.02%), Fiber: 5.01g (20.06%), Potassium: 554.14mg (15.83%), Vitamin K: 16.26µg (15.49%), Vitamin B3: 2.61mg (13.06%), Phosphorus: 127.69mg (12.77%), Vitamin B6: 0.25mg (12.26%), Copper: 0.23mg (11.44%), Magnesium: 44.85mg (11.21%), Folate: 42.67µg (10.67%), Vitamin E: 1.59mg (10.62%), Vitamin B1: 0.15mg (10.04%), Iron: 1.35mg (7.52%), Vitamin B5: 0.74mg (7.37%), Vitamin B2: 0.09mg (5.06%), Calcium: 49.72mg (4.97%), Zinc: 0.74mg (4.94%)