



Curried Couscous with Roasted Vegetables, Peach Chutney, and Cilantro Yogurt

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons corn oil
- ☐ 12 ounces couscous plain
- ☐ 1 tablespoon curry powder
- ☐ 0.3 cup currants dried
- ☐ 2 pound eggplants unpeeled cut into 1-inch cubes
- ☐ 3 cups cilantro leaves fresh loosely packed () (from 3 large bunches)
- ☐ 1 tablespoon juice of lime fresh

- ☐ 1 medium onion chopped
- ☐ 8 servings peach chutney
- ☐ 3 large bell peppers red
- ☐ 0.8 teaspoon salt
- ☐ 0.5 cup roasted cashews salted coarsely chopped
- ☐ 0.5 cup whole-milk yogurt plain
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 3 cups water
- ☐ 1.3 pounds zucchini halved lengthwise

Equipment

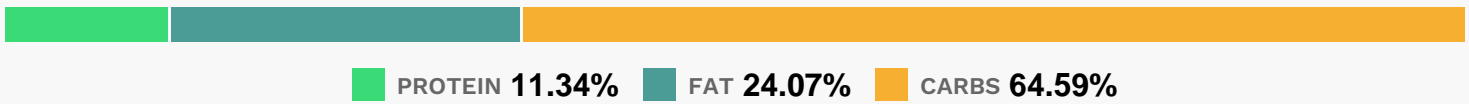
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ broiler
- ☐ spatula

Directions

- ☐ Combine cilantro, lime juice, and salt in processor; blend to coarse puree.
- ☐ Transfer to medium bowl; mix in yogurt and sour cream. Season with pepper. (Can be made 1 day ahead. Cover and chill.)
- ☐ Preheat oven to 400°F. Spray 2 large baking sheets with nonstick spray. Mound eggplant cubes on 1 sheet; drizzle with 4 tablespoons oil.
- ☐ Sprinkle with salt and pepper; toss to coat.
- ☐ Spread out evenly. Mound zucchini on second sheet; drizzle with remaining 2 tablespoons oil.
- ☐ Sprinkle with salt and pepper; toss to coat.

- ☐ Spread out evenly. Roast eggplant and zucchini until golden and tender, turning occasionally with spatula, about 25 minutes for zucchini and 50 minutes for eggplant.
- ☐ Transfer vegetables to bowl and cool.
- ☐ Meanwhile, char peppers directly over gas flame or in broiler until blackened on all sides. Enclose in paper bag; let stand 10 minutes. Peel and seed peppers.
- ☐ Cut 2 peppers into 1-inch pieces. Thinly slice remaining pepper and reserve for garnish.
- ☐ Heat 1 tablespoon oil in heavy large saucepan over medium-high heat.
- ☐ Add onion; sauté until soft, about 6 minutes.
- ☐ Mix in curry powder; stir 1 minute.
- ☐ Add 3 cups water; bring to simmer. Cover; reduce heat to medium-low and simmer curry water 10 minutes.
- ☐ Heat remaining 1 tablespoon oil in heavy large pot.
- ☐ Add couscous and stir constantly until color darkens and couscous is toasted, about 3 minutes.
- ☐ Mix in hot curry water. Turn off heat, cover pot, and let stand until couscous is tender and curry water is absorbed, about 10 minutes. Fluff couscous with fork to separate grains.
- ☐ Mix in cashews and currants and cool completely.
- ☐ Mix in eggplant, zucchini, and bell pepper pieces. Season salad to taste with salt and pepper.
- ☐ Mound salad on large platter; garnish with reserved bell pepper slices.
- ☐ Serve with cilantro yogurt and chutney.

Nutrition Facts



Properties

Glycemic Index:33.91, Glycemic Load:28.32, Inflammation Score:-10, Nutrition Score:26.630434678948%

Flavonoids

Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg Epigallocatechin 3-

gallate: 0.45mg, Epigallocatechin 3–gallate: 0.45mg, Epigallocatechin 3–gallate: 0.45mg, Epigallocatechin 3–gallate: 0.45mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Quercetin: 7.62mg, Quercetin: 7.62mg, Quercetin: 7.62mg, Quercetin: 7.62mg

Nutrients (% of daily need)

Calories: 419.24kcal (20.96%), Fat: 11.74g (18.06%), Saturated Fat: 2.77g (17.34%), Carbohydrates: 70.86g (23.62%), Net Carbohydrates: 59.97g (21.81%), Sugar: 26.53g (29.48%), Cholesterol: 8.79mg (2.93%), Sodium: 333.32mg (14.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.44g (24.89%), Vitamin C: 103.82mg (125.84%), Vitamin A: 3089.79IU (61.8%), Manganese: 1.05mg (52.56%), Fiber: 10.89g (43.57%), Vitamin K: 38.79µg (36.94%), Copper: 0.61mg (30.51%), Potassium: 1033.52mg (29.53%), Vitamin B6: 0.56mg (27.9%), Phosphorus: 266.55mg (26.66%), Folate: 104.49µg (26.12%), Magnesium: 100.84mg (25.21%), Vitamin B3: 4.69mg (23.44%), Vitamin E: 3.47mg (23.14%), Vitamin B2: 0.34mg (19.99%), Vitamin B1: 0.26mg (17.46%), Vitamin B5: 1.72mg (17.22%), Iron: 2.74mg (15.22%), Zinc: 2.05mg (13.64%), Calcium: 108.69mg (10.87%), Selenium: 6.06µg (8.66%), Vitamin B12: 0.12µg (2.06%)