



Fruity couscous & spiced quail



Vegetarian



Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



557 kcal

SIDE DISH

Ingredients

- ☐ 150 ml orange juice fresh
- ☐ 5 apricot dried roughly chopped
- ☐ 100 g couscous
- ☐ 1 small onion red thinly sliced into rings
- ☐ 2 tbsp red wine vinegar
- ☐ 1 large handful parsley chopped
- ☐ 30 g pinenuts toasted
- ☐ 2 tbsp olive oil

- ☐ 1 tsp ground cinnamon
- ☐ 1 tbsp honey
- ☐ 2 frangelico (ask your butcher to spatchcock them)
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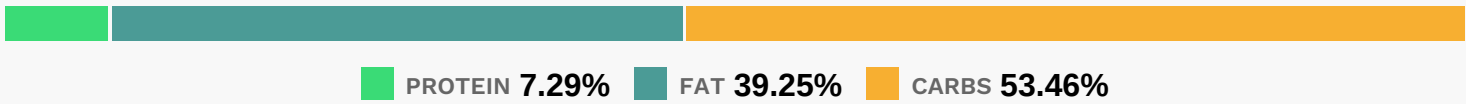
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill

Directions

- ☐ In a small saucepan, heat the orange juice and apricots until it boils.
- ☐ Remove from heat and take out 2 tbsp of juice for the dressing.
- ☐ Pour couscous into a bowl and pour the juice and apricot mix over, cover and let sit for 5 mins. In a bowl, mix the sliced onions in 1 tbsp of the vinegar and set aside. Fluff up the couscous with a fork until the lumps are broken up.
- ☐ Add the herbs and pine nuts.
- ☐ Heat a barbecue or grill until very hot. Rub the quail with some oil. Season well, sprinkle over the cinnamon and drizzle with a little of the honey. Barbecue or grill the quail for 3-4 mins each side until crisp at the edges.
- ☐ Mix remaining olive oil with reserved orange juice, vinegar and honey. Season and mix well.
- ☐ Drain onions and toss into couscous.
- ☐ Serve the quail on the couscous with dressing poured over, scattered with mint leaves.

Nutrition Facts



Properties

Glycemic Index:133.34, Glycemic Load:37.09, Inflammation Score:-8, Nutrition Score:20.549565294515%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 9.39mg, Hesperetin: 9.39mg, Hesperetin: 9.39mg, Hesperetin: 9.39mg Naringenin: 1.68mg, Naringenin: 1.68mg, Naringenin: 1.68mg, Naringenin: 1.68mg Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 11.37mg, Quercetin: 11.37mg, Quercetin: 11.37mg, Quercetin: 11.37mg

Nutrients (% of daily need)

Calories: 556.97kcal (27.85%), Fat: 24.93g (38.35%), Saturated Fat: 2.78g (17.36%), Carbohydrates: 76.38g (25.46%), Net Carbohydrates: 70g (25.45%), Sugar: 28.82g (32.02%), Cholesterol: 0mg (0%), Sodium: 13.43mg (0.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.42g (20.83%), Manganese: 2.08mg (104.24%), Vitamin C: 46.54mg (56.41%), Vitamin K: 50.64µg (48.23%), Vitamin E: 4.37mg (29.13%), Fiber: 6.38g (25.54%), Copper: 0.46mg (22.94%), Phosphorus: 218.37mg (21.84%), Vitamin A: 1055.8IU (21.12%), Magnesium: 82.78mg (20.7%), Potassium: 670.18mg (19.15%), Vitamin B3: 3.36mg (16.78%), Vitamin B1: 0.24mg (15.81%), Iron: 2.6mg (14.42%), Folate: 54.46µg (13.62%), Zinc: 1.67mg (11.11%), Vitamin B5: 1.01mg (10.08%), Vitamin B6: 0.2mg (10.08%), Vitamin B2: 0.13mg (7.81%), Calcium: 64.15mg (6.41%), Selenium: 1.02µg (1.46%)