



Golden couscous with apricots & crispy onions



Vegetarian



Vegan



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



1105 kcal

SIDE DISH

Ingredients

- ☐ 500 g couscous
- ☐ 1 vegetable cube
- ☐ 2 tsp turmeric
- ☐ 1 tsp ground cinnamon
- ☐ 100 g apricot dried chopped
- ☐ 3 onion red thinly sliced
- ☐ 1 tsp sugar

- ☐ 500 ml unrefined sunflower oil
- ☐ 1 lemon zest
- ☐ 2 tbsp olive oil
- ☐ 1 small bunch cilantro leaves chopped
- ☐ 1 small handful mint leaves chopped

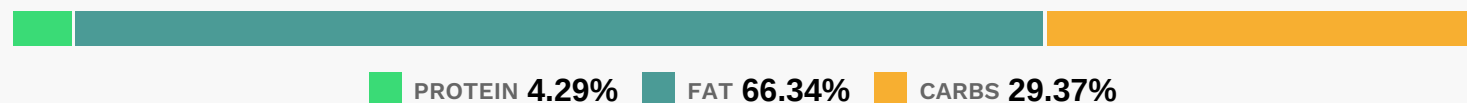
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Boil a kettle. Tip the couscous into a large bowl, crumble in the stock cube, then add the turmeric, cinnamon and apricots, and season well.
- ☐ Pour over 500ml boiling water, give everything a quick stir, then cover with cling film and leave for 5 mins.
- ☐ Put half the sliced onions in a bowl with a good pinch of salt and the sugar, pour over enough boiling water to cover and leave to steep for 10 mins. (This will remove some of the onions acidity and turn them a beautiful bright pink colour.)
- ☐ Heat enough oil to come about 5cm up the side of a deep saucepan. Once hot, fry the remaining onions in batches for 1-2 mins until golden and crispy.
- ☐ Drain on kitchen paper and sprinkle with salt.
- ☐ Use a fork to fluff up the couscous.
- ☐ Drain the steeped onions and stir through the couscous with the lemon zest and juice, olive oil and herbs. Tip onto a serving platter or bowl and scatter with the crispy onions and mint leaves.

Nutrition Facts



Properties

Glycemic Index:39.58, Glycemic Load:43.96, Inflammation Score:-10, Nutrition Score:15.24826082976%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.87mg, Quercetin: 11.87mg, Quercetin: 11.87mg, Quercetin: 11.87mg

Nutrients (% of daily need)

Calories: 1105.41kcal (55.27%), Fat: 82.39g (126.75%), Saturated Fat: 8.36g (52.28%), Carbohydrates: 82.06g (27.35%), Net Carbohydrates: 75.15g (27.33%), Sugar: 12.06g (13.4%), Cholesterol: 0mg (0%), Sodium: 126.84mg (5.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.98g (23.96%), Vitamin E: 33.02mg (220.11%), Manganese: 0.91mg (45.34%), Fiber: 6.91g (27.65%), Vitamin B3: 3.48mg (17.39%), Phosphorus: 172.94mg (17.29%), Copper: 0.3mg (14.83%), Vitamin A: 721.84IU (14.44%), Potassium: 444.75mg (12.71%), Magnesium: 50.21mg (12.55%), Vitamin B5: 1.2mg (12.04%), Vitamin K: 12.06µg (11.48%), Vitamin B1: 0.17mg (11.13%), Iron: 1.89mg (10.5%), Vitamin B6: 0.2mg (10%), Folate: 30.81µg (7.7%), Vitamin C: 6.31mg (7.64%), Zinc: 0.91mg (6.04%), Vitamin B2: 0.1mg (5.82%), Calcium: 51.41mg (5.14%), Selenium: 0.71µg (1.02%)