



Grilled Mushroom Kabobs and Couscous Salad



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



842 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 cherry tomatoes quartered
- ☐ 0.5 cup cilantro leaves chopped
- ☐ 6 tablespoons cooking oil
- ☐ 2.7 cups couscous
- ☐ 1 cucumber diced peeled halved lengthwise seeded
- ☐ 1 clove garlic minced
- ☐ 0.5 teaspoon ground coriander

- ☐ 0.5 teaspoon pepper black
- ☐ 1 tablespoon juice of lemon
- ☐ 1 lemon zest grated
- ☐ 6 large mushrooms halved (1 pound in all)
- ☐ 6 tablespoons olive oil
- ☐ 2.5 teaspoons salt
- ☐ 4 spring onion green sliced
- ☐ 1 tablespoon soya sauce
- ☐ 2.7 cups water

Equipment

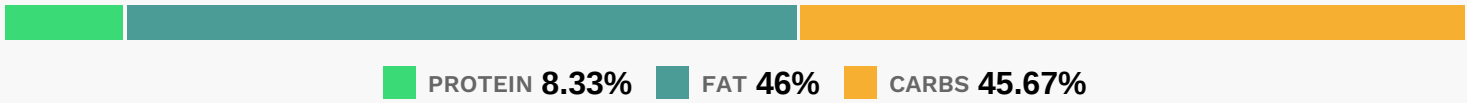
- ☐ bowl
- ☐ sauce pan
- ☐ grill
- ☐ broiler
- ☐ skewers

Directions

- ☐ Heat the broiler or grill. In a medium bowl, combine the cooking oil, coriander, soy sauce, garlic, 1/2 teaspoon salt, and the pepper.
- ☐ Mix well.
- ☐ Add the mushrooms; coat thoroughly.
- ☐ In a medium saucepan, bring the water to a boil. Stir in the couscous. Cover, remove from the heat, and let stand 5 minutes. Fluff with a fork and transfer to a bowl.
- ☐ Add the scallions, cucumber, tomatoes, cilantro, lemon zest, lemon juice, olive oil, and the remaining 2 teaspoons of salt to the couscous. Toss to combine.
- ☐ Divide the mushrooms among four skewers. Broil or grill the mushrooms, turning occasionally, until they are tender and golden brown, about 10 minutes.
- ☐ Serve over the couscous.

Wine Recommendation: We don't often think of sparkling wine as an accompaniment to food; its usual place is as an aperitif. Here, however, a ros Champagne, with its crisp acidity, hint of red fruit, and subtle earthy undertow, will be truly exciting.

Nutrition Facts



Properties

Glycemic Index:63.25, Glycemic Load:55.03, Inflammation Score:-7, Nutrition Score:20.67000007435%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 841.72kcal (42.09%), Fat: 43.14g (66.37%), Saturated Fat: 4.63g (28.92%), Carbohydrates: 96.34g (32.11%), Net Carbohydrates: 88.59g (32.21%), Sugar: 3.53g (3.92%), Cholesterol: 0mg (0%), Sodium: 1736.7mg (75.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.58g (35.17%), Vitamin K: 65.9µg (62.77%), Manganese: 1.13mg (56.38%), Vitamin E: 7.14mg (47.59%), Fiber: 7.75g (31.01%), Vitamin B3: 5.86mg (29.28%), Copper: 0.54mg (27.15%), Phosphorus: 270.06mg (27.01%), Vitamin C: 21.22mg (25.72%), Vitamin B5: 2.25mg (22.51%), Magnesium: 75.67mg (18.92%), Vitamin B1: 0.27mg (18.15%), Potassium: 583.69mg (16.68%), Vitamin B2: 0.28mg (16.59%), Folate: 56.8µg (14.2%), Vitamin B6: 0.27mg (13.75%), Iron: 2.47mg (13.74%), Vitamin A: 560.4IU (11.21%), Zinc: 1.46mg (9.74%), Calcium: 68.02mg (6.8%), Selenium: 3.87µg (5.52%)