



Harissa roasted tomatoes with couscous

 Vegetarian  Very Healthy

READY IN



70 min.

SERVINGS



4

CALORIES



620 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 big plum tomatoes halved
- ☐ 1 tbsp harissa
- ☐ 3 tbsp olive oil
- ☐ 3 onions very thinly sliced
- ☐ 4 tbsp yogurt greek-style
- ☐ 1 tbsp tahini paste
- ☐ 1 garlic clove crushed
- ☐ 200 g couscous

- ☐ 0.5 small pack mint roughly chopped
- ☐ 0.5 small pack parsley roughly chopped
- ☐ 50 g almond flaked toasted
- ☐ 400 g chickpea drained and rinsed canned

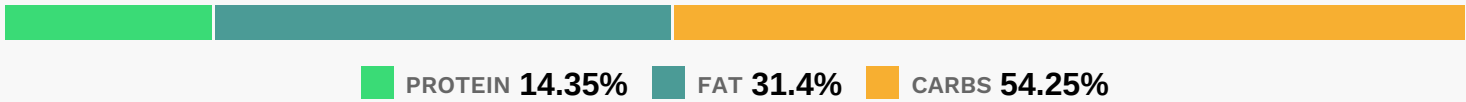
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Toss the tomatoes in harissa and 2 tbsp of the oil. Season and spread in a roasting tin, cut-side up, and bake for 40-45 mins.
- ☐ Heat the remaining oil in a large frying pan. Tip in the onions and sizzle for a couple of mins. Turn down the heat, season and cook for 15 mins or until golden and caramelised. In a bowl, mix the yogurt, tahini and garlic with some seasoning. Set aside.
- ☐ Tip the couscous into a large bowl.
- ☐ Pour over 400ml boiling water. Cover with cling film and leave to stand for 10 mins or until all the water has been absorbed. Fork through the herbs, almonds, chickpeas and half the onions. Top with the tomatoes and the remaining onions, and serve with a dollop of the yogurt sauce.

Nutrition Facts



Properties

Glycemic Index:56.94, Glycemic Load:32.43, Inflammation Score:-9, Nutrition Score:30.172608665798%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 1.32mg, Naringenin: 1.32mg, Naringenin: 1.32mg, Naringenin: 1.32mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 4.46mg, Isorhamnetin: 4.46mg, Isorhamnetin: 4.46mg, Isorhamnetin: 4.46mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 17.88mg, Quercetin: 17.88mg, Quercetin: 17.88mg, Quercetin: 17.88mg

Nutrients (% of daily need)

Calories: 619.72kcal (30.99%), Fat: 22.16g (34.1%), Saturated Fat: 2.64g (16.47%), Carbohydrates: 86.15g (28.72%), Net Carbohydrates: 70.55g (25.66%), Sugar: 14.73g (16.37%), Cholesterol: 0.75mg (0.25%), Sodium: 82.13mg (3.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.78g (45.56%), Manganese: 2.04mg (101.98%), Fiber: 15.59g (62.37%), Folate: 236.49µg (59.12%), Phosphorus: 434.98mg (43.5%), Vitamin C: 34.08mg (41.31%), Vitamin E: 6.16mg (41.05%), Copper: 0.82mg (40.84%), Magnesium: 138.47mg (34.62%), Vitamin A: 1622.68IU (32.45%), Potassium: 1083.65mg (30.96%), Iron: 4.86mg (27.01%), Vitamin B1: 0.4mg (26.53%), Vitamin K: 27.6µg (26.29%), Vitamin B6: 0.49mg (24.49%), Vitamin B3: 4.24mg (21.18%), Vitamin B2: 0.35mg (20.75%), Zinc: 3.06mg (20.41%), Calcium: 156.83mg (15.68%), Vitamin B5: 1.29mg (12.88%), Selenium: 7.55µg (10.78%), Vitamin B12: 0.1µg (1.75%)