



Harissa-Spiced Israeli Couscous

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



580 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 2 pints cherry tomatoes
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 cup herbs fresh chopped such as a combination of oregano, basil, and parsley
- ☐ 2 garlic cloves minced
- ☐ 2 medium garlic cloves minced

- ☐ 1 teaspoon ground coriander
- ☐ 0.5 tablespoon ground cumin
- ☐ 0.8 cup israeli couscous uncooked
- ☐ 4 servings kosher salt
- ☐ 2.5 tablespoons juice of lemon
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 cup onion finely chopped
- ☐ 0.5 teaspoon pepper flakes red crushed
- ☐ 0.8 teaspoon salt
- ☐ 16 ounce tempeh cut into 1-inch squares such as Litelife
- ☐ 2.3 cups vegetable broth
- ☐ 1.3 cups water

Equipment

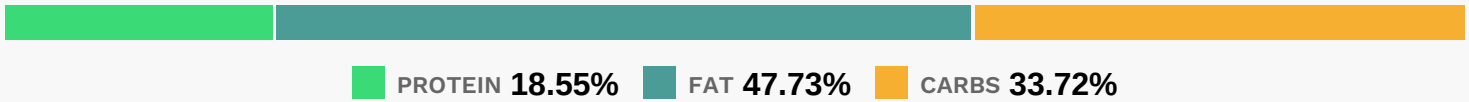
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ For the marinade, combine all marinade ingredients in a medium bowl, and whisk.
- ☐ a. For the tempeh, add 1 1/4 cups water to marinade. Arrange the tempeh in one layer in a large non-stick skillet.
- ☐ Pour marinade over tempeh. Bring to a simmer over high heat. Cover; simmer 15 minutes or until most of the liquid is absorbed. Set aside; keep warm.
- ☐ Transfer marinade to a large zip-top plastic bag.

- ☐ Add shrimp; seal and marinate in refrigerator 30 minutes.
- ☐ Remove shrimp from bag, and discard marinade.
- ☐ Place shrimp on grill rack or broiler pan coated with cooking spray; cook 3 minutes on each side or until done. Set aside; keep warm.
- ☐ For the couscous, melt butter in a small saucepan over medium heat.
- ☐ Add onion and garlic; saut 3 minutes or until tender.
- ☐ Add the couscous; saut 2 minutes, stirring frequently.
- ☐ Add broth; bring to a boil. Reduce heat; simmer, covered, for 12 minutes or until couscous is tender.
- ☐ Remove from heat; let stand 5 minutes. Fluff with a fork.
- ☐ For the tomatoes, combine tomatoes, oil, garlic, and pepper flakes in a large nonstick skillet over high heat; saut 3 minutes or until tomatoes soften and begin to pop. Stir in herbs; saut 2 minutes. Season with salt and pepper.
- ☐ Divide the couscous among 4 wide soup bowls. Spoon tomatoes around couscous; top with tempeh or shrimp.
- ☐ Sprinkle with cilantro and Parmesan, if desired.

Nutrition Facts



Properties

Glycemic Index:98.75, Glycemic Load:18.23, Inflammation Score:-9, Nutrition Score:30.689565648203%

Flavonoids

Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg

Nutrients (% of daily need)

Calories: 580.3kcal (29.02%), Fat: 32.32g (49.72%), Saturated Fat: 8.1g (50.65%), Carbohydrates: 51.38g (17.13%), Net Carbohydrates: 47.07g (17.11%), Sugar: 8.23g (9.15%), Cholesterol: 15.05mg (5.02%), Sodium: 1256.57mg (54.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.27g (56.54%), Manganese: 2.12mg (105.91%), Vitamin C: 65.6mg (79.51%), Vitamin K: 80.64µg (76.8%), Copper: 0.95mg (47.31%), Phosphorus: 445.29mg (44.53%), Vitamin A: 2186.24IU (43.72%), Magnesium: 138.91mg (34.73%), Iron: 6.1mg (33.9%), Potassium: 1145.99mg (32.74%), Vitamin B2: 0.51mg (29.97%), Vitamin B3: 5.58mg (27.92%), Vitamin B6: 0.55mg (27.57%), Vitamin E: 3.7mg (24.67%), Folate: 77.11µg (19.28%), Calcium: 192.62mg (19.26%), Fiber: 4.31g (17.24%), Vitamin B1: 0.25mg (17%), Zinc: 2.1mg (14.01%), Vitamin B5: 1.11mg (11.06%), Selenium: 2.05µg (2.93%), Vitamin B12: 0.1µg (1.71%)