



Israeli Couscous With Chicken Sausage And Over-Easy Eggs

 Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



727 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings mild chicken sausage
- 4 servings wine dry white
- 4 servings eggs
- 4 servings regular couscous
- 4 servings olive oil
- 4 servings onion
- 4 servings flat parsley italian finely chopped

- 4 servings plum tomatoes
- 4 servings simple preserved lemons chopped
- 4 servings vegetable stock

Equipment

- bowl
- frying pan
- tajine pot

Directions

- Heat 1 tablespoon of the oil in a large, lidded cast-iron skillet over medium-high heat. When it's shimmering, add the couscous. Stir to coat and toast for 1 minute.
- Transfer to a bowl and set aside.
- Add the sausage to the skillet and cook for 2 to 3 minutes to brown all sides. Then splash in about 1/4 cup of water and cook another 4 to 5 minutes, until the water evaporates and the juice runs clear. Set it aside on a plate.
- Add the onion and remaining oil and cook for 3 minutes, or until softened.
- Add the tomatoes and the preserved lemon, and cook for about 3 minutes, until the tomatoes are soft.
- Add the wine and reduce, about 4 minutes.
- Cut the sausage into 1/4-inch-thick slices and add it back to the skillet, with any juices that have collected.
- Add the couscous and pour in the stock. Bring to a boil, then reduce the heat to medium-low and cover the skillet. Cook for 10 to 12 minutes, until the couscous is tender.
- Remove the pan from the heat and toss in the parsley. Divide the couscous mixture between 4 bowls and top each with an egg. Try out these recipes with couscous on Food Republic: [Wild Mushroom Couscous Recipe](#)
- [Lamb Chops With Spinach Tomato Couscous Recipe](#)
- [Moroccan Merguez And Vegetable Tagine Recipe](#)

Nutrition Facts



■ PROTEIN 17.06% ■ FAT 44.08% ■ CARBS 38.86%

Properties

Glycemic Index:55.5, Glycemic Load:29.95, Inflammation Score:-9, Nutrition Score:16.60608695901%

Flavonoids

Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 11.24mg, Quercetin: 11.24mg, Quercetin: 11.24mg, Quercetin: 11.24mg

Nutrients (% of daily need)

Calories: 727.2kcal (36.36%), Fat: 30.63g (47.12%), Saturated Fat: 5.9g (36.9%), Carbohydrates: 60.74g (20.25%), Net Carbohydrates: 56.78g (20.65%), Sugar: 7.02g (7.8%), Cholesterol: 223.69mg (74.56%), Sodium: 1889.85mg (82.17%), Alcohol: 15.14g (100%), Alcohol %: 2.98% (100%), Protein: 26.67g (53.34%), Vitamin K: 75.05µg (71.47%), Manganese: 0.71mg (35.37%), Vitamin A: 1384.59IU (27.69%), Phosphorus: 228.99mg (22.9%), Selenium: 13.93µg (19.91%), Vitamin B2: 0.29mg (16.86%), Vitamin E: 2.52mg (16.83%), Iron: 2.95mg (16.39%), Fiber: 3.98g (15.9%), Vitamin B5: 1.53mg (15.34%), Vitamin B6: 0.28mg (14.07%), Magnesium: 52.67mg (13.17%), Vitamin C: 10.72mg (12.99%), Folate: 50.23µg (12.56%), Vitamin B3: 2.3mg (11.52%), Potassium: 364.68mg (10.42%), Copper: 0.21mg (10.32%), Vitamin B1: 0.15mg (9.8%), Zinc: 1.36mg (9.03%), Calcium: 69.96mg (7%), Vitamin B12: 0.39µg (6.53%), Vitamin D: 0.88µg (5.87%)