



Seven-Vegetable Couscous

 Vegetarian

READY IN



65 min.

SERVINGS



6

CALORIES



390 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup almonds toasted sliced
- ☐ 1 pound butternut squash
- ☐ 15.5 ounce chickpeas rinsed drained canned
- ☐ 1 cup tomatoes whole with their juices canned peeled
- ☐ 1 large carrots peeled cut into 2-inch chunks
- ☐ 1 cinnamon sticks
- ☐ 1.5 cups couscous uncooked
- ☐ 0.5 fennel bulb sliced lengthwise

- ☐ 4 sprigs flat-leaf parsley fresh with kitchen string
- ☐ 1 tablespoon ginger fresh peeled chopped
- ☐ 3 cloves garlic smashed
- ☐ 0.3 cup golden raisins
- ☐ 0.1 teaspoon ground cloves
- ☐ 2 teaspoons ground cumin
- ☐ 1.5 teaspoons ground turmeric
- ☐ 6 servings harissa (Tunisian hot sauce)
- ☐ 1 tablespoon kosher salt
- ☐ 1 teaspoon kosher salt
- ☐ 2 small turnips peeled quartered
- ☐ 1 tablespoon butter unsalted
- ☐ 2 cups water
- ☐ 2 cups water cold
- ☐ 1 medium onion yellow quartered
- ☐ 1 small zucchini cut into 2-inch rounds

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ slotted spoon
- ☐ kitchen twine

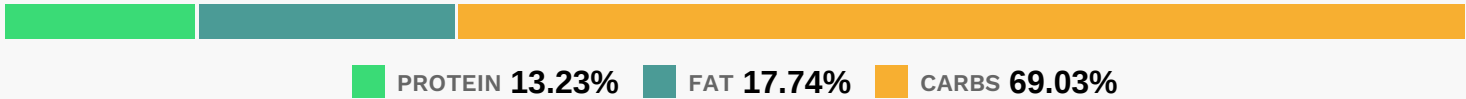
Directions

- ☐ Put the garlic, turnips, onion, carrot, fennel, raisins, ginger, salt, cumin, paprika, sugar, turmeric, cloves, and cinnamon in a large soup pot with a tight-fitting lid.
- ☐ Add 2 cups water and bring to a boil over high heat; cover, reduce the heat, and simmer until the vegetables are somewhat soft, about 10 minutes. Halve and seed the butternut squash

and cut it into wedges. Tie parsley sprigs together with kitchen string.

- ☐ Add squash, zucchini, chickpeas, and parsley sprigs to the pot. Using your fingers and working over the pot, tear the tomatoes into big pieces and add them to the pot with their juices. Simmer the stew, covered, until it is slightly thick and fragrant, and the vegetables are fork tender but not mushy, about 15 minutes. (You can test the vegetables a bit sooner, remove them as soon as they are tender, and return them to the pot when you are ready to serve. All the vegetables should be tender enough to cut with the side of a fork, but still hold their shapes.)
- ☐ Remove cinnamon sticks.
- ☐ For the couscous: Bring water to a boil with the butter and salt in a small saucepan. Stir in the couscous, pull the saucepan off the heat, cover, and set aside until the water has been absorbed and the couscous is plump, about 5 minutes.
- ☐ Transfer to a bowl and fluff with a fork.
- ☐ To serve, spread the couscous over a large serving platter and, using a slotted spoon, mound the vegetables in the center.
- ☐ Pour some of the broth over the vegetables and sprinkle with the almonds. Pass the remaining broth and the harissa, if desired, at the
- ☐ table.

Nutrition Facts



Properties

Glycemic Index:78.47, Glycemic Load:28.65, Inflammation Score:-10, Nutrition Score:25.880434815974%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.12mg, Isorhamnetin: 1.12mg, Isorhamnetin: 1.12mg, Isorhamnetin: 1.12mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg

Nutrients (% of daily need)

Calories: 389.91kcal (19.5%), Fat: 7.99g (12.29%), Saturated Fat: 1.81g (11.29%), Carbohydrates: 69.94g (23.31%), Net Carbohydrates: 58.97g (21.44%), Sugar: 11.18g (12.42%), Cholesterol: 5.02mg (1.67%), Sodium: 1866.91mg (81.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.4g (26.81%), Vitamin A: 10289.58IU (205.79%), Manganese: 1.68mg (84.07%), Fiber: 10.97g (43.88%), Vitamin C: 33.81mg (40.99%), Vitamin B6: 0.72mg (36.18%), Magnesium: 111.53mg (27.88%), Vitamin K: 28.51µg (27.15%), Potassium: 913.98mg (26.11%), Copper: 0.51mg (25.41%), Phosphorus: 251.76mg (25.18%), Vitamin E: 3.68mg (24.51%), Iron: 3.86mg (21.42%), Folate: 74.55µg (18.64%), Vitamin B3: 3.69mg (18.47%), Vitamin B1: 0.25mg (16.56%), Calcium: 159.88mg (15.99%), Vitamin B2: 0.23mg (13.8%), Vitamin B5: 1.35mg (13.54%), Zinc: 1.63mg (10.88%), Selenium: 3µg (4.29%)