



Sicilian Couscous with Fish Broth (cuscus con brodo di pesce)

 Dairy Free

READY IN



120 min.

SERVINGS



4

CALORIES



671 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 1.5 pound lightly floured and fried calamari rings
- ☐ 2.5 cups couscous
- ☐ 1 tablespoon flat-leaf parsley roughly chopped
- ☐ 2 clove garlic minced peeled
- ☐ 3 tablespoon olive oil extra-virgin
- ☐ 4 servings pepper flakes red

- ☐ 4 servings salt and pepper to taste
- ☐ 2 tablespoon tomato concentrate
- ☐ 7 cup water

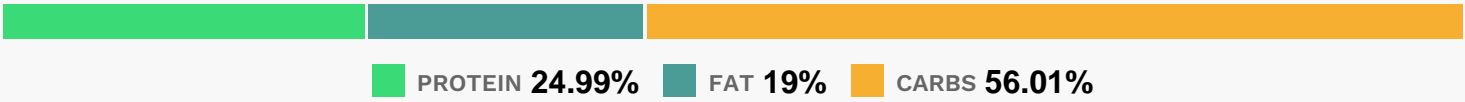
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ aluminum foil
- ☐ kitchen towels
- ☐ dutch oven

Directions

- ☐ Prepare the couscous according to the instructions on the package. Meanwhile, in a large pot or Dutch oven over medium-low heat, heat the oil.
- ☐ Add the onions and cook it until it begins to soften, about 5 minutes.
- ☐ Add the garlic and some pinches of peperoncino and cook until the onion is translucent and the garlic is golden, about 5 minutes.
- ☐ Add the tomatoes and celery and cook, stirring frequently, until they are soft and mushy, about 20 minutes.
- ☐ Lay in the fish and stir to cover with the sauce.
- ☐ Add the tomato concentrate, parsley, cinnamon, and bay leaves and season with salt and pepper. Cover with water, bring to a boil, reduce the heat and simmer uncovered for 30 minutes. Strain the stock through a sieve, pressing out all the juices. Discard the solids and transfer the broth to a clean sauce pan. There should be 4 or 5 cups of broth; stir in water if necessary. Taste for seasoning and adjust as needed. Cover and keep warm.
- ☐ Place the couscous in a large, wide serving bowl.
- ☐ Pour 3 cups of the broth over it, stir with a fork, and cover tightly with aluminum foil. Wrap in a kitchen towel and let stand 30 minutes to 1 hour. Just before serving, fluff the grains. Reheat the remaining broth and serve on the side. Top with the optional fried calamari if you like.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:51.59, Inflammation Score:-7, Nutrition Score:30.760434648265%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 670.81kcal (33.54%), Fat: 13.88g (21.36%), Saturated Fat: 2.25g (14.03%), Carbohydrates: 92.06g (30.69%), Net Carbohydrates: 85.56g (31.11%), Sugar: 1.14g (1.27%), Cholesterol: 396.33mg (132.11%), Sodium: 397.18mg (17.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.08g (82.15%), Copper: 3.6mg (180.18%), Selenium: 77.25µg (110.36%), Phosphorus: 575.3mg (57.53%), Manganese: 0.99mg (49.62%), Vitamin B2: 0.82mg (48.18%), Vitamin B3: 7.98mg (39.92%), Vitamin B12: 2.21µg (36.85%), Vitamin E: 4.67mg (31.12%), Magnesium: 115.13mg (28.78%), Fiber: 6.51g (26.03%), Zinc: 3.71mg (24.72%), Vitamin K: 25.77µg (24.55%), Vitamin B5: 2.24mg (22.37%), Potassium: 730.01mg (20.86%), Vitamin A: 858.6IU (17.17%), Iron: 3.08mg (17.1%), Vitamin B1: 0.22mg (14.93%), Vitamin B6: 0.29mg (14.69%), Vitamin C: 11.58mg (14.04%), Calcium: 107.02mg (10.7%), Folate: 33.3µg (8.33%)