



Spiced herb & almond couscous



Vegetarian



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



395 kcal

SIDE DISH

Ingredients

- ☐ 6 servings onion red halved sliced
- ☐ 425 ml chicken stock see hot fine (from a cube is)
- ☐ 1 pinch saffron threads
- ☐ 1 to 5 chilies red sliced
- ☐ 500 g couscous
- ☐ 40 cilantro leaves
- ☐ 50 g almonds whole toasted
- ☐ 1 handful medjool dates roughly chopped (we used medjool dates)

☐ 0.5 juice of lemon

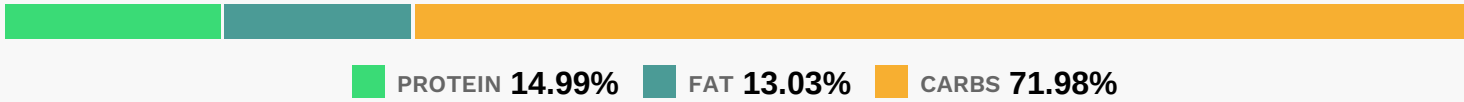
Equipment

☐ frying pan

Directions

- ☐ Heat some oil in a roasting tray and then add the onions and fry for about 5 mins until just softened. While youre frying, add the saffron strands to the stock if using, so the flavour and colour infuses. (If you are making the Fragrant chicken too (see 'Goes well with') use the same pan to add flavour to this dish and leave the juices in there, but you can tip out some of the chicken fat if you like).
- ☐ Tip the chilli into the tray, fry for 1 min more, then take off the heat.
- ☐ Add the couscous and stock, then cover with cling film for 10 mins. Once the couscous has absorbed all the stock, quickly chop the coriander (if you chop it too soon it will start to wilt), then fork it through the couscous with the almonds, dates and lemon juice and serve straight away. To serve cold, leave to cool, then add the chopped coriander just before eating.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:39.62, Inflammation Score:-7, Nutrition Score:14.72043456202%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

Nutrients (% of daily need)

Calories: 394.96kcal (19.75%), Fat: 5.66g (8.71%), Saturated Fat: 0.65g (4.07%), Carbohydrates: 70.41g (23.47%), Net Carbohydrates: 64.68g (23.52%), Sugar: 2.23g (2.47%), Cholesterol: 2.16mg (0.72%), Sodium: 118.06mg (5.13%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.66g (29.32%), Manganese: 0.92mg (45.78%), Vitamin K: 42.54µg (40.51%), Vitamin B3: 4.59mg (22.96%), Fiber: 5.73g (22.92%), Phosphorus: 211.39mg (21.14%), Vitamin A: 973.83IU (19.48%), Vitamin C: 15.57mg (18.87%), Copper: 0.37mg (18.58%), Vitamin E: 2.54mg (16.96%), Magnesium: 67.59mg (16.9%), Vitamin B2: 0.25mg (14.7%), Vitamin B1: 0.19mg (12.9%), Vitamin B5: 1.17mg (11.72%), Potassium: 373.82mg (10.68%), Vitamin B6: 0.21mg (10.38%), Iron: 1.68mg (9.33%), Folate: 34.64µg (8.66%), Zinc: 1.14mg (7.61%), Calcium: 55.05mg (5.51%), Selenium: 2.09µg (2.98%)