



HEALTH SCORE

100%

Vegetable Barley Couscous



Dairy Free



Very Healthy

READY IN



300 min.

SERVINGS



6

CALORIES



611 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 cups barley
- ☐ 1 teaspoon pepper black
- ☐ 4 ounces blanched almonds and whole
- ☐ 0.8 pound butternut squash peeled seeded cut into 2-inch pieces
- ☐ 0.8 pound carrots peeled halved halved lengthwise
- ☐ 4.5 ounces chickpeas dried
- ☐ 0.5 medium cabbage green cut into 6 wedges
- ☐ 2 teaspoons ground ginger

- ☐ 0.5 teaspoon harissa for serving
- ☐ 0.5 cup olive oil
- ☐ 2 medium onion coarsely chopped
- ☐ 1 teaspoon ras el hanout spice mix
- ☐ 0.5 teaspoon saffron threads crumbled
- ☐ 1.3 teaspoons salt
- ☐ 1 tablespoon tomato paste
- ☐ 2 medium tomatoes
- ☐ 2 medium turnip peeled cut into 1 1/2-inch-wide wedges
- ☐ 2.5 cups water
- ☐ 2 medium zucchini trimmed halved halved lengthwise

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ pot
- ☐ slotted spoon
- ☐ colander
- ☐ cheesecloth
- ☐ box grater

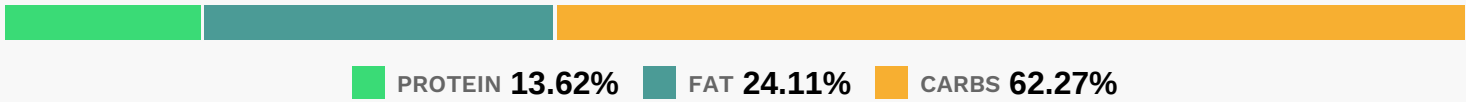
Directions

- ☐ Soak dried chickpeas in 3 cups water at least 8 hours and up to 2
- ☐ Drain soaked chickpeas and combine with 6 cups cold water in a 3- to 4-quart saucepan and simmer, uncovered, until tender, about 1 hour.
- ☐ Drain and set aside.

- ☐ Lightly toast saffron in a dry small heavy skillet over moderately low heat, shaking skillet, just until fragrant, about 1 minute, then transfer to a small dish.
- ☐ Halve tomatoes and grate flesh on large round holes of a box grater, discarding skin.
- ☐ Put oil, grated tomato, onions, pepper, ginger, salt, tomato paste, and saffron in lower portion of couscoussièr (or in 5- to 6-quart pot) and cook over moderate heat, stirring frequently, until onions are softened, about 10 minutes.
- ☐ Add water and ras-el-hanout and bring broth to a simmer.
- ☐ While broth comes to a simmer, put couscous in a large wide bowl and toss with salt, then drizzle with 2 tablespoons oil, rubbing grains between your palms to distribute oil.
- ☐ Sprinkle couscous with 1 cup tepid water, rubbing to evenly distribute and breaking up any lumps.
- ☐ Sprinkle top portion of couscoussièr (if using a colander or steamer, line with cheesecloth) with couscous in an even, loose layer without packing.
- ☐ Set couscous over simmering broth and steam, uncovered, until steam rises up evenly over surface of couscous, about 10 minutes.
- ☐ Transfer couscous to cleaned bowl (reserving cheesecloth if using).
- ☐ Let stand until cool enough to handle, then sprinkle with 1 cup water again and gently rub couscous between palms.
- ☐ Let couscous stand 10 minutes.
- ☐ While couscous stands, add carrots and turnips to broth in couscoussièr and return to a simmer.
- ☐ Return couscous to top of couscoussièr and steam a second time, uncovered, in same manner, until steam rises evenly over surface, then transfer to bowl again (reserving cheesecloth). Stir just enough water (1/2 to 3/4 cup) into couscous to make it come together when a squeezed handful holds its shape without cracking.
- ☐ Let couscous stand, uncovered, 10 minutes.
- ☐ While couscous stands, add zucchini, cabbage, and butternut squash to broth and cook, covered, until vegetables are almost tender, then add cooked chickpeas.
- ☐ Rub remaining 2 tablespoons oil into couscous, then transfer to top of couscoussièr and steam couscous a third time in same manner as above.
- ☐ Heat oil in a 7- to 8-inch skillet over moderate heat until just hot and cook almonds, stirring occasionally, until golden, 1 to 2 minutes.

- ☐ Transfer with a slotted spoon to paper towels to drain.
- ☐ Gently stir 1/2 teaspoon harissa into broth and serve couscous with vegetables, broth, fried almonds, honeyed red-onion confit, and harissa.
- ☐ ·Dried chickpeas can be soaked 3 days ahead, then cooked 2 days ahead and chilled in their cooking liquid, covered. If you don't have time to soak and cook dried chickpeas, you can use drained rinsed canned chickpeas. Broth can be made 1 day ahead and chilled, covered. Reheat before proceeding with recipe. Couscous can be made 2 hours ahead and kept warm, covered. If you don't have a couscoussière, you can use a 5- to 6-quart pot to cook the vegetable stew, and a second pot to steam the couscous over water, such as a wide pot fitted with a colander or a pasta pot fitted with the pasta/steamer insert. If holes in the colander or steamer are large, line with a double layer of cheesecloth. If using this method, cook the stew partially covered.

Nutrition Facts



Properties

Glycemic Index:75.39, Glycemic Load:23.27, Inflammation Score:-10, Nutrition Score:47.631304201872%

Flavonoids

Catechin: 1.83mg, Catechin: 1.83mg, Catechin: 1.83mg, Catechin: 1.83mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 8.44mg, Quercetin: 8.44mg, Quercetin: 8.44mg, Quercetin: 8.44mg

Nutrients (% of daily need)

Calories: 610.89kcal (30.54%), Fat: 17.28g (26.58%), Saturated Fat: 1.92g (11.99%), Carbohydrates: 100.39g (33.46%), Net Carbohydrates: 74g (26.91%), Sugar: 16.35g (18.17%), Cholesterol: 0mg (0%), Sodium: 625.36mg (27.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.95g (43.9%), Vitamin A: 16130.01IU (322.6%), Manganese: 3.18mg (158.94%), Fiber: 26.39g (105.55%), Vitamin C: 73.03mg (88.52%), Vitamin K: 80.57µg (76.73%), Magnesium: 241.73mg (60.43%), Folate: 237.07µg (59.27%), Vitamin B1: 0.85mg (56.93%), Vitamin E: 7.43mg (49.53%), Copper: 0.98mg (49.03%), Phosphorus: 490.23mg (49.02%), Selenium: 32.97µg (47.1%), Potassium: 1611.96mg (46.06%), Vitamin B6: 0.87mg (43.69%), Iron: 6.58mg (36.53%), Vitamin B3: 6.85mg (34.25%), Vitamin B2: 0.57mg (33.63%), Zinc: 4.29mg (28.59%), Calcium: 215.51mg (21.55%), Vitamin B5: 1.47mg (14.66%)