



Vegetable couscous with chickpeas & preserved lemons

 Vegetarian

READY IN



65 min.

SERVINGS



8

CALORIES



570 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 l chicken stock see
- ☐ 3 tbsp harissa homemade bought (see recipe below)
- ☐ 3 carrots chopped
- ☐ 3 large parsnips chopped
- ☐ 2 onion red cut into wedges through the root
- ☐ 2 large potatoes chopped
- ☐ 0.5 butternut squash chopped

- ☐ 4 leek sliced into rings
- ☐ 12 figs dried halved
- ☐ 2 simple preserved lemons homemade bought rinsed finely sliced (see recipe below)
- ☐ 1 small bunch mint leaves chopped
- ☐ 200 g couscous
- ☐ 400 g chickpeas canned
- ☐ 25 g butter
- ☐ 1 onion diced red finely
- ☐ 3 spring onion sliced
- ☐ 2 tbsp harissa
- ☐ 50 ml olive oil
- ☐ 1 juice of lemon
- ☐ 1 bunch cilantro leaves roughly chopped

Equipment

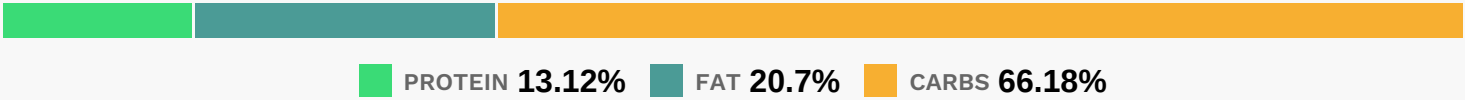
- ☐ bowl
- ☐ frying pan
- ☐ ladle

Directions

- ☐ For the broth, bring the stock to a simmer in a large pan.
- ☐ Add the harissa and vegetables, bring back to the boil, then reduce heat and simmer for 15 mins.
- ☐ Add the figs and continue to cook for 5 mins more until the veg is tender.
- ☐ Meanwhile, put the couscous and half the chickpeas into a bowl, add the butter, and season.
- ☐ Pour 350ml boiling water over the couscous, cover with cling film, leave aside for 10 mins, then fluff up with a fork.
- ☐ In a separate bowl, combine the red onion, spring onions, harissa, olive oil, remaining chickpeas, lemon juice and coriander, then mix into the couscous. Pile onto a large deep serving dish, ladle over the braised vegetables and broth, and sprinkle with the preserved

lemons and chopped mint.

Nutrition Facts



Properties

Glycemic Index:63.04, Glycemic Load:35.5, Inflammation Score:-10, Nutrition Score:35.437391440506%

Flavonoids

Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 2.31mg, Kaempferol: 2.31mg, Kaempferol: 2.31mg, Kaempferol: 2.31mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 10.71mg, Quercetin: 10.71mg, Quercetin: 10.71mg, Quercetin: 10.71mg

Nutrients (% of daily need)

Calories: 570.31kcal (28.52%), Fat: 13.44g (20.68%), Saturated Fat: 3.5g (21.89%), Carbohydrates: 96.67g (32.22%), Net Carbohydrates: 82.06g (29.84%), Sugar: 22.73g (25.25%), Cholesterol: 14.33mg (4.78%), Sodium: 556.62mg (24.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.17g (38.34%), Vitamin A: 9846.76IU (196.94%), Manganese: 1.65mg (82.51%), Vitamin C: 53.17mg (64.45%), Fiber: 14.62g (58.47%), Vitamin K: 60.38µg (57.51%), Folate: 217.54µg (54.39%), Potassium: 1579.58mg (45.13%), Vitamin B6: 0.87mg (43.38%), Vitamin B3: 7.81mg (39.04%), Phosphorus: 356.31mg (35.63%), Copper: 0.71mg (35.62%), Magnesium: 129.62mg (32.4%), Vitamin B1: 0.44mg (29.63%), Iron: 5.19mg (28.84%), Vitamin E: 3.54mg (23.62%), Vitamin B2: 0.4mg (23.34%), Calcium: 163.37mg (16.34%), Zinc: 2.31mg (15.42%), Vitamin B5: 1.51mg (15.1%), Selenium: 9.91µg (14.15%)