

Italian couscous *(recipe for 2 - 3 people)*



Ingredients Couscous:

- 150 grams uncooked couscous
- 180 ml hot water (not boiled)
- ¼ chili pepper
- ½ onion, diced
- ½ carrot, diced
- ¼ courgette, diced
- 4 mushrooms, diced
- 1 green pepper, diced
- 3 tsp green pesto (jar)
- 1 tbsp olive oil
- 1 ½ tsp garlic paste

Spices:

- 2 tsp Ras el Hanout
- 1 tsp salt
- 1 tsp pepper
- ½ tsp basil
- ½ tsp oregano
- ½ tsp chili flakes

Instructions:

1. Put the uncooked couscous into a pan, add the Ras el Hanout, mix it through and add the hot water. Put a lid on it and let it sit for about 5-10 minutes
2. Dice the vegetables in the meantime, and put it on the side.
3. After 5-10 minutes, take the lid of the pan, loosen the couscous with a fork, and add some olive oil, salt, pepper and 1 tsp pesto and mix it through.
4. Heat up some olive oil in a pan on medium heat, and add the onion, garlic paste, and chili and fry for a couple of minutes until the onion is translucent.
5. Add the rest of the veggies, 2 tsp pesto, basil, oregano, pepper, salt, and chili flakes and cook for 3 - 5 minutes (al dente).



6. Mix it through the couscous and serve with my filled courgette rolls (you can find the recipe on my website) or eat on its own. Enjoy!

