



COUSCOUS WITH VEGETABLES AND EGG

INGREDIENTS

- 3 eggs
- 2 tablespoons of olive oil
- 1 big onion
- 2 cloves of garlic
- 150 grams of winter carrot
- 150 grams of parsnip
- 1 courgette/zucchini
- 3 tomatoes
- 1 tablespoon ras el hanout spice mix
- 150 grams of couscous
- A handful of parsley leaves
- 10 grams of flaked almonds

MAIN COURSE

2 PERSONS

TIME: 25 MINUTES

DIRECTIONS

Boil the eggs almost hard in 6-8 minutes.

Slice the onion and garlic fine.

Dice the winter carrot, parsnip, courgette/zucchini and tomatoes.

Heat the olive oil in a pan and sauté the onion and the garlic.

Stir the carrot, parsnip, courgette/zucchini, tomato y ras el hanout and fry them for 3-4 minutes.

Stew the vegetables done in 10-15 minutes on low heat.

Put the couscous in a bowl and pour 225 ml boiling water with it. Stir and leave the covered couscous steeping for 8-10 minutes.

Let the eggs plunge into cold water and peel them. Halve the eggs.

Season the sauce, if necessary, with some black pepper. Serve the couscous with the vegetable sauce.

Garnish with the halve eggs, the parsley leaves and the flaked almonds.

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