

Couscous with Vegetables

VEGETABLES: PREPARATION TIME 15 MINUTES

INGREDIENTS

- 1 carrot.
- 1 small zucchini.
- 1 celery stalk.
- ½ bell pepper.
- 1 spring onion.
- 2 teaspoons of extra virgin olive oil.
- Salt and pepper to taste (optional: paprika, cumin, turmeric).

PROCEDURE

- Dice the vegetables into cubes.
- Heat 2 teaspoons of olive oil in a non-stick pan and sauté the vegetables with the spices and a splash of water until they are cooked (they should remain crunchy).

COUSCOUS: PREPARATION TIME 5 MINUTES

INGREDIENTS:

- 100 grams of pre-cooked couscous.
- 100 ml of hot water or vegetable broth.
- 1 teaspoon of extra virgin olive oil.

PROCEDURE:

- Place the couscous in a bowl with hot water or broth and a teaspoon of oil. Cover for 5 minutes, uncover, fluff with a fork, and add the sautéed vegetables.

It can be enjoyed hot or cold.