



Couscous with Ginger and Hazelnuts

30 minutes

Hands on

2-4

Portion(s)

1

Difficulty



Ingredients

- 3 tablespoon(s) olive oil
- 1 onion
- 1 clove(s) of garlic
- 1 yellow bell pepper
- 1 red bell pepper
- 2 tablespoon(s) ginger, grated
- 250 g orange juice
- 400 g water
- 250 g couscous
- salt
- pepper
- 200 g hazelnuts
- 1/4 bunch parsley
- 5 sprig(s) chives

Διατροφικός πίνακας

Nutrition information per portion

714 Calories (kcal)	42.0 Total Fat (g)	3.8 Saturated Fat (g)	61.0 Total Carbs (g)
36%	60%	19%	23%
14.0 Sugars (g)	18.0 Protein (g)	9.2 Fibre (g)	0.3 Sodium (g)
16%	36%	37%	5%

Method

- Place a pot over medium heat and add 2 tablespoons of olive oil.
- Finely chop the onion and garlic.
- Chop the bell peppers into little pieces and grate the ginger.
- Add them to the pot along with the vegetables and sauté for 8-10 minutes, until they soften. Stir with a wooden spoon.
- Add the orange juice and simmer for 10 minutes until the juice evaporates.
- Add the water and boil for about 4-5 minutes.
- Remove pot from heat and add 1 tablespoon of olive oil, the couscous, salt and pepper.
- Cover with lid and let it rest for 15 minutes.
- Then, stir with a spoon to fluff up the couscous.
- Finely chop the parsley, chives and hazelnuts
- Add them to the couscous, season to taste and serve.