

Couscous with grilled vegetables



Ingredients

- 125g mushrooms, quartered
- 1 bunch fresh asparagus, trimmed and cut into pieces
- 1 zucchini, thickly sliced
- 1 red capsicum, sliced
- 750ml water
- 1 tbs sea salt
- 2 tbs olive oil, divided
- 350g plain couscous
- 2 tbs balsamic vinegar

Method

Preheat your grill to high heat.

Measure 350g of couscous using your **Tanita KD-810 Kitchen Scale**.

Lightly coat the zucchini, mushrooms, capsicum and asparagus with olive oil, and place them under the grill. Occasionally turn the vegetables over until they are tender.

Whilst the vegetables are under the grill, bring the water, sea salt, couscous and one tablespoon of olive oil to boil in one large pot. Once at a boil, remove the pot from the heat and allow to stand for five minutes.

Fluff the couscous with a fork when done and leave to cool to room temperature.

Mix the couscous with the grilled vegetables and drizzle with the remaining tablespoon of olive oil and balsamic vinegar.

Serves 6

The North African flavours of couscous is readily becoming a household favourite around the world. Couscous is commonly made from semolina using a very labour-intensive process that would traditionally take several days to complete.

The flexibility of this ingredient means that couscous is a great base ingredient for soups and salads or a tasty accompaniment for any meal. Properly cooked, couscous is light and fluffy.

Couscous is among the healthiest grain-based products. It is a medium GI food which is low in fat and contains twice as much riboflavin, niacin, vitamin B6 and folate as pasta. This makes it a healthy option to eat on its own for lunch or as a light side at a family dinner.



Weigh away

Recipes not tasting as they should? The inaccurate measurement of ingredients may lead to the wrong taste, texture and consistency of certain recipes, ruining what would usually be a flavoursome meal. With the help of Tanita kitchen scales, your recipes will improve in no time. The **Tanita KD-810 kitchen scale** will accurately weigh any ingredients up to 5kg in 1g weight increments and the tough, glass construction makes for easy-to-clean cooking.

Code # 54014. RRP \$65.95.