

THE FLEXITARIAN COOK

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Couscous Marocain

1 lb turnips	1 Tbsp ras el hanout
2 medium zucchini	½ to 1 tsp harissa (optional – see note)
3 or 4 medium carrots	3 Tbsp chopped parsley
1 clove garlic, chopped	1 Tbsp chopped cilantro (optional)
½ cup frozen peas	2 cups water or broth
1 15oz can chickpeas	Salt to taste
1 cup unseasoned tomato sauce	1/3 cup dry couscous per person

Cut turnips in 1" cubes. Halve zucchinis and carrots and cut in 2" sections. Lightly sauté the vegetables in 2 tbsp peanut oil in a dutch oven over medium heat. When they are beginning to color, add the ras-el-hanout and garlic and sauté 1 min more, until the mixture becomes very fragrant. If using, mix harissa into tomato sauce along with the parsley and cilantro. Add this mix, along with the water or broth, to the vegetables. Add peas and chickpeas. Salt to taste, depending on whether you used water or broth, and how salty your broth is. Bring to a boil, reduce heat, cover and simmer until all the vegetables are tender, about 20mn.

While the stew is cooking, prepare the couscous. Remember that steaming the couscous is always best, but in a pinch, this works too. Start by boiling water in your kettle. For each 1/3 cup of dry couscous you are using, mix 2 tsp melted butter or oil of your choice + a pinch of salt into the granules. Mix well until all grains are coated with fat. Place this mix in a large glass or ceramic bowl and cover with boiling water (the water should come to about ¼ to ½ inch above the couscous). Cover with a plate and let the couscous stand for 5 to 10 mn. Fluff with a fork before serving.

To serve, just bring the vegetable stew and the couscous in two separate bowls on the table. Dish out the couscous first, then cover with vegetables and broth. Serve harissa on the side.