

Pearl couscous with roasted pumpkin and chorizo (serves 4)



Ingredients:

500g pumpkin, peeled, seeded and cut in to 1cm cubes

2 large zucchini

225 g pearl couscous

1 chorizo, thinly sliced (125g)

½ cup chopped fresh coriander

¼ cup lemon juice

1 teaspoon smoked paprika

1 tablespoon olive oil

Modifications

1 punnet cherry tomatoes (prick these with a knife and add them to the tray)

1 medium eggplant, cubed to 1cm pieces and added to tray for baking

Method:

Preheat oven to 200C. Line a baking tray with baking paper. Spread the pumpkin, zucchini, tomatoes and eggplant on the tray. Spray with oil and season with pepper

Cook couscous in saucepan of boiling water for 10mins or until tender. Drain. Heat a non-stick frying pan over medium-high heat and stir chorizo for 3-5mins or until golden.

Combine couscous, baked vegetables, chorizo and coriander in a large bowl. Whisk the lemon juice, oil and paprika in a jug and add to the bowl and stir.

Sprinkle with some baby spinach.

About this recipe:

- Pearl (also known as Israeli) couscous is a handy grain to try – couscous is a medium GI grain, pearl couscous is a low GI grain
- Adding more vegetables adds fibre and flavour to the dish as well as adding more volume to the meal without increasing the energy to kilojoules greatly.

Nutrition (per serve after modification)

Energy: 1957kJ (468 calories), 59g carbohydrates, 7.3g fibre, 16g protein, 16g fat, 3g saturated fat, 342mg sodium.

Sources: Calorie King Australia, NUTTAB

Recipe adapted from:

Australian Good Taste - February 2013

<http://www.taste.com.au/recipes/32447/pearl+couscous+with+roasted+pumpkin+and+chorizo>