

Miele

Fragrant couscous

By Michael Meredith

40 minutes

Preparation time

50 minutes

Cooking time

4

Serves



INGREDIENTS

- 1 large red kumara
- 2 tablespoons olive oil
- 300g Israeli couscous
- 2 tablespoons za'atar
- 130g toasted almond pieces
- 400ml chicken stock
- 100g dried cherries, chopped
- 1 teaspoon of finely grated lemon zest
- 50g parsley and chives, chopped
- 200g kale, roughly torn
- Sea salt and pepper to taste

METHOD

Kumara

1. Pre-heat oven on Fan Plus at 200°C and select Crisp function.
2. Peel and dice kumara into 2cm cubes. Place in bowl and toss with olive oil, salt and pepper
3. Transfer onto a multi-purpose tray and place in the oven on shelf position 2. Cook for 30 minutes and set aside.

Couscous

1. Heat 1 tablespoon of oil in a saucepan over medium-high heat, Induction setting 7, add couscous and stir to toast (1-2 minutes).
2. Add stock and bring to the boil. Transfer into a solid steam tray. Place in the Steam Oven and Steam at 100°C for 19 minutes. Add kale and cook for a further 1 minute.
3. Remove couscous from the Steam Oven and mix through almonds, cherries, za'atar, roasted kumara, lemon, herbs and season to taste.

To Serve

1. Serve on a platter alongside the quail.

Hints and tips

- Chicken stock can be substituted for vegetable stock for a vegetarian alternative.