

## Summer couscous *(Pasta & rice main dishes)*



### Preparation

Dice the tomatoes and coarsely slice the spring onion. Chop the mint and parsley and add to the tomato and onion, then dress with salt, sugar, oil and cumin. Prepare the couscous like this: soak the couscous in some of the vegetable stock, salt and a little olive oil for half an hour. The stock should just cover the couscous. When the liquid is absorbed, place the couscous in a terracotta cous cous pot and place over a saucepan with the vegetable stock. Cover with a lid of the right size and boil the stock. In about half an hour the couscous will be cooked in the steam from the stock, taking up all its flavour! Serve the couscous mixed with the tomato salsa.

### Tips

The cooking of couscous must be carried out very carefully, steaming more than twice to prevent it from becoming too compacted and, on the contrary, remaining soft to the touch.

### Trivia

Couscous is a specialty widespread in North Africa, but also in traditional Sicilian cuisine. In many Arab countries couscous is known as "ta am" which means "food."

### Information

**Preparation** 60 minutes

**Total Time** 30 minutes

**Serves X** Serves 4 persons

**Level of difficulty** Easy

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### Ingredients

**Cous cous** (300g of wholewheat couscous)

**Cherry tomatoes** 300 grams

**Spring onion** (1 spring onion)

**Parsley** 5 grams

**Mint** 5 grams

**Cumin** 1 gram

**Extra virgin olive oil** 30 millilitres

**Vegetable stock** 500 millilitres

**Sugar** 10 grams

**Salt**