Couscous with tomato - Morocco



Preparation time: 45 min
Difficulty: Easy

Ingredients

- Coriander seeds: 2 tbsp.
- Couscous: 5 oz.
- Dry red chili pepper: 1
- EVO oil: to taste
- Garlic cloves: 4
- Salt: to taste
- Sprig parsley: 1
- Sweet paprika: 1 tsp.

Preparation

Put the couscous in a bowl with oil and boiling water, let the grains swell and cover with cling film.
In a pan heat some oil and pour in the strained tomatoes. Chop the coriander, paprika, crushed garlic, chili pepper, oil and salt by hand or with a blender. Add the chopped mix to the strained tomatoes and 2 cups of water.

Cook for 20 minutes. Break up the couscous with a fork and add it to the spicy tomato sauce.
Sprinkle with a sprig of chopped parsley and a drop of oil and serve immediately.

Curiosity.
This dish is typical of Morocco and North Africa.

For this recipe we used:

Organic Tomato Puree 400 gr

