



MOROCCO

DINNER

PRINTABLE RECIPE PDF

Moroccan Couscous with Seven Vegetables

Couscous is a staple dish in Moroccan cuisine, often served during celebrations and family gatherings. The blend of seven vegetables signifies abundance and

PREP

20 min

COOK

30 min

SERVINGS

2

DIFFICULTY

Easy

SHOPPING LIST

Ingredients

- 1 cup couscous - preferably medium-grain
- 1 2 zucchini - cut into half-moons
- 1 carrot peeled and sliced - cut into rounds
- 1 small yellow squash - cut into half-moons
- 1 red bell pepper diced
- 1 medium onion - chopped
- 1 cup canned chickpeas - drained and rinsed
- 1 4 butternut squash - peeled and diced
- 1 5 radishes - sliced
- 3 tablespoons olive oil
- 2 cups vegetable broth
- 1 teaspoon ground cumin

WHY THIS WORKS

About this recipe

A printable Moroccan Couscous with Seven Vegetables recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Couscous is a staple dish in Moroccan cuisine, often served during celebrations and family gatherings. The blend of seven vegetables signifies abundance and variety, reflecting Morocco's agricultural richness. This dish is

SHOPPING LIST

Ingredients continued

- 1 teaspoon ground coriander
- 1 teaspoon salt
- 1/2 teaspoon harissa - optional, for heat
- 2 tablespoons fresh cilantro - chopped, for garnish

ORIGIN & TRADITION

Mediterranean context

Couscous is a staple dish in Moroccan cuisine, often served during celebrations and family gatherings. The blend of seven vegetables signifies abundance and variety, reflecting Morocco's agricultural richness. This dish is often prepared as a communal meal, where families gather around a large platter.

METHOD

Step-by-step instructions

1

In a large pot, heat the olive oil over medium heat. Add the chopped onion and sauté until translucent, about 5 minutes.

2

Add the carrot, zucchini, yellow squash, and butternut squash to the pot, cooking for another 5-7 minutes until slightly softened.

3

Stir in the diced red bell pepper, sliced radishes, chickpeas, ground cumin, ground coriander, salt, and harissa. Cook for another 5 minutes, stirring occasionally.

4

Pour in the vegetable broth and bring the mixture to a gentle boil. Once boiling, reduce the heat to low, cover, and simmer for about 10 minutes, or until the vegetables are tender.

5

In a separate bowl, prepare the couscous. Pour 1 cup of boiling water over the couscous and cover with a lid. Let it sit for 5 minutes, then fluff with a fork.

6

To serve, place a portion of couscous on each plate, top with the vegetable mixture, and garnish with fresh cilantro.

CHEF'S TIP

To achieve a fluffier couscous, make sure to let it steam properly with the boiling water and ensure it is well fluffed before serving.

NUTRITION PER SERVING (EST.)

Calories	400 kcal	Fat	12 g
Protein	12 g	Fiber	10 g
Carbohydrates	70 g	Sodium	800 mg

SERVING SUGGESTION

Traditionally served with a drizzle of olive oil and a side of harissa for those who enjoy heat. Pair with a refreshing mint tea.

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