

# VEGETABLE COUSCOUS



## Ingredients



250g of couscous



Vegetable Knorr



Mixed vegetables (from a bag of frozen mixed vegetables)



1 teaspoon of garlic powder



1 red onion (chopped)



1 teaspoon of ground or fresh ginger



1 tomato (chopped)



2 tablespoons of olive oil

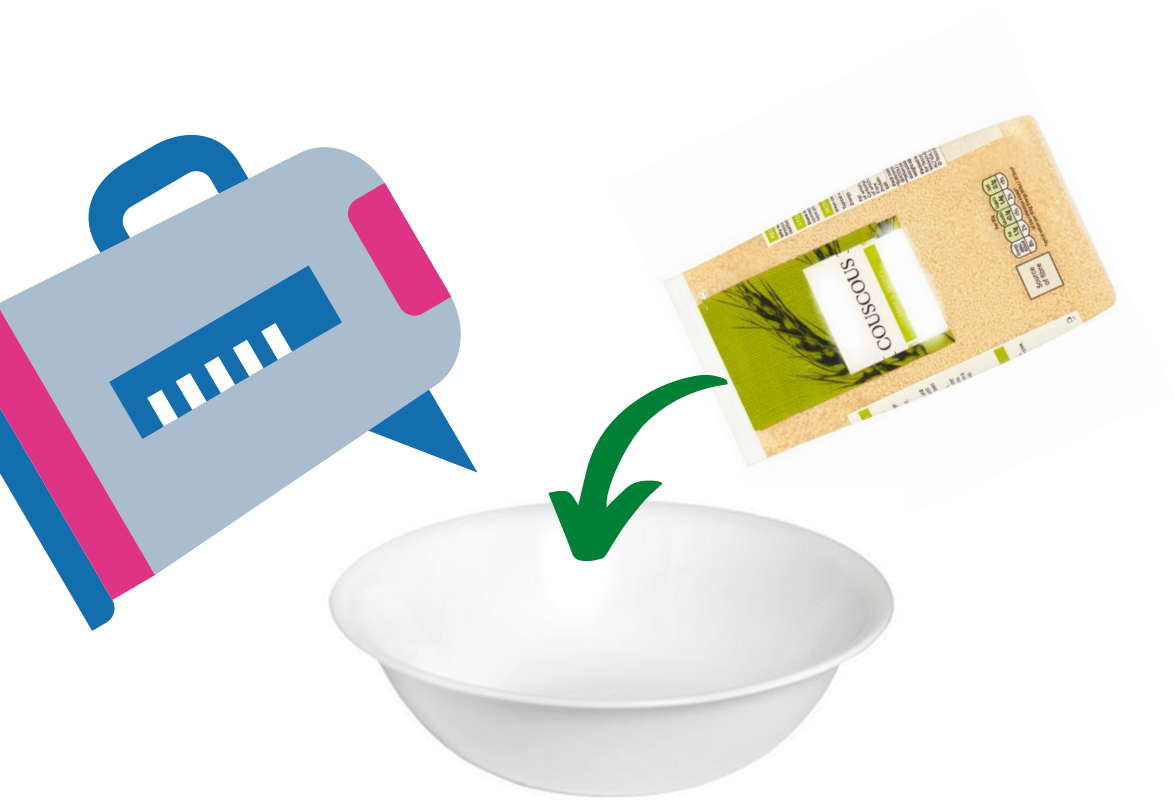


Fresh parsley (chopped)





## Method



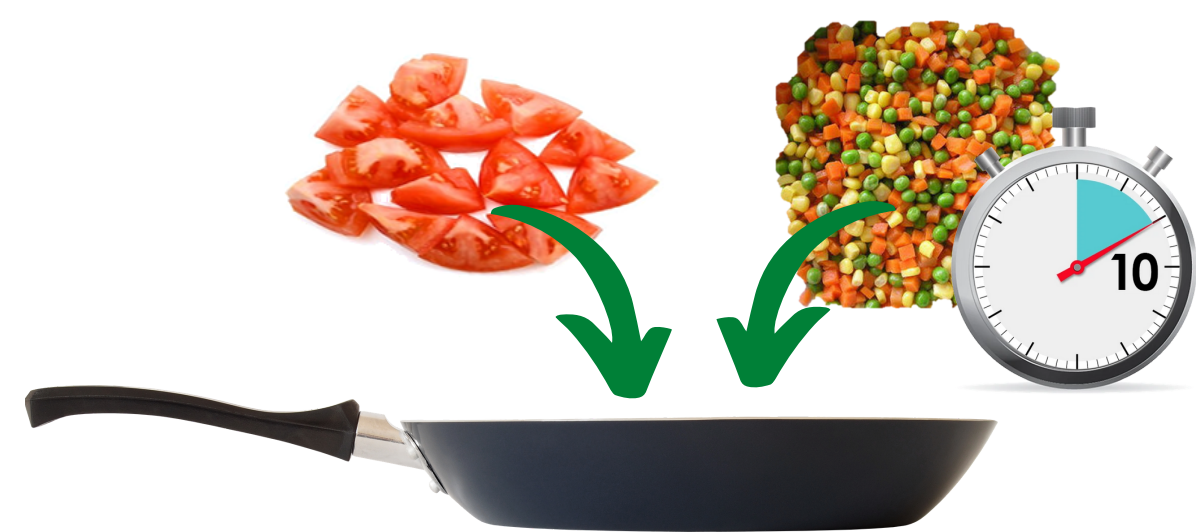
1

Empty couscous into a bowl. Fill to the top with boiled water, cover and set aside.



2

Pour the oil into a hot pan, add onion, garlic, ginger, and fry until tender.



3

Add mixed vegetables and tomato to the sauce and stir. Cook for 10 minutes.



4

Fluff the couscous with fork and add to the vegetable sauce and stir.



5

Add the chopped parsley and enjoy your meal!



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