

Cous Cous superfood

Measurements	Ingredients
300 gr	red cabbage
180 gr	black beans
150 gr	green lentils
50 gr	sweetcorn
1	white onion
300 gr	mince quorn
250 gr	couscous
7 gr	kosher salt
7 gr	black pepper
2	celery(diced)

Start by prepping your couscous, in a metal bowl pour 200ml of boiling water, season, add the couscous and keep stearing until it absorbes all the water.

On a different pan bring water to boil, season and simmer lentils until cooked, drain and add to the couscous.

Add one tbs of olive oil, sweetcorn and any desired seasoning.

In a sauce pan heat up 1 tbs of olive oil, add the chopped white onion and garlic.

Sweat down then add the red cabbage previously chopped and washed.

Cover and sweat the cabbage down for 7 minutes.

Add the mince quorn and black beans, season with salt, black pepper and any other desired spice then cook for another 7 minutes.

When ready finish off with freshly chopped coriander.

Macros

Fat 2.3 gr

Protein 10.8 gr

Carbs 1.9 gr

Fiber 0.7 gr

Sugar 0.3 gr

Kcal

83 per serving



prep time
10 min.



cook time
20 min.



serving
5 servings