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doctor aslam's COUSCOUS

serves 4

ingredients:

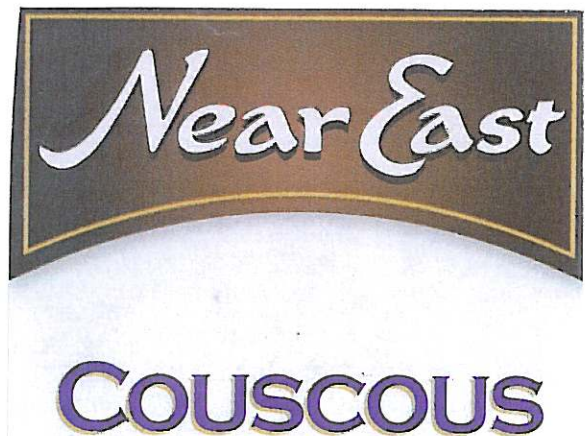
1 small chicken cut into pieces
1 large onion quartered
1 large turnip quartered
1 large carrot sliced
1 small zucchini cut into 4 pieces
1/2 of a small cabbage cut in quarters
3 tomatoes peeled and quartered
1 cup dried chick peas, soaked 12 hours
4 garlic cloves sliced
1 tablespoon tomato paste
olive oil, salt, pepper, bay leaf, saffron
1 teaspoon harissa
1 cup couscous

OPTIMUM PRIMARY CARE
FOR EXCELLENT CARE

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Heat olive oil in pan, brown chicken pieces. Add onions and simmer for 5 minutes. Add all other vegetables and stir for about 5 minutes. Cover with water. Add saffron, salt, pepper, bay leaf and one teaspoon of harissa.

Simmer for a good hour till all vegetables are tender.

In a small pan bring 1 cup of water to a boil. Add salt and 1 tablespoon of olive oil. Take off heat and add 1 cup couscous by whisking everything together. Cover and let stand for about 5 minutes. When ready to serve fluff it up with a fork.

In bowl place a heaping spoon of couscous and add chicken, vegetables and broth