

Couscous Jambalaya



Food Fact:-

A quick, tasty and filling dish providing a healthy source of energy as well as protein, fibre and iron.

Preparation time 6 mins

Cooking time 9 mins

Servings: 4



Couscous Jambalaya

Ingredients

1. Put the onion, garlic and oil in a microwaveable bowl, cover and cook on high for about 2 mins until the onion is softened
2. Add the sausage, chopped green pepper, tomatoes, cumin, oregano and hot sauce (to taste) cover and cook on high for 4-5 minutes until vegetables are soft
3. Stir in couscous and stock, cover and cook on high for 3 minutes.
4. Remove from heat stand 5 minutes.
5. Fluff couscous mixture with a fork.

- 1 Tbsp oil
- 1 Med onion, finely chopped
- 4 Garlic cloves, crushed
- 200gm Pepperoni/Italian sausage chopped in chunks
- 150ml (½ cup) Chopped tomatoes, tinned or fresh
- 1 Green pepper chopped
- ¼ Tsp dry oregano
- ½ tsp Ground cumin
- Tabasco/Worcester hot pepper sauce 1 to 2 tsp to taste
- 300ml (1 cup) couscous
- 300ml (1 cup) Hot chicken/veg stock