

Moroccan Vegetable Stew

with Whole Wheat Couscous

We're using a special blend of Moroccan spices to make this simmered stew and authentic, warming, comfort food. This blend, combined with almonds, dried fruit, honey and hearty whole wheat couscous, creates a well-balanced, exotic-tasting dish that will fill your kitchen with the aroma of coriander, cumin, turmeric and allspice.



Ingredients

3 Cloves Garlic
3-5 Dates
3-4 Prunes
1 Bunch Cilantro
1 Ounce Almonds
1 Red Onion
1 Sweet Potato
1 Zucchini
½ Head Cauliflower
1 Cup Whole Wheat Couscous
2 Tablespoons Tomato Paste
2 Teaspoons Ras El Hanout
1 Cinnamon Stick
1 ½ Ounces Vegetable Demi-Glace
1 Tablespoon Honey

Makes 2 Servings
About 690 Calories Per Serving



Instructions



Prepare the ingredients:

Wash and dry the fresh produce. Peel and mince the garlic. Roughly chop the dates, prunes and almonds. Peel and small dice the red onion. Peel and cut the sweet potato into bite-sized pieces and place in a bowl of cold water. Cut out and discard the thick stem of the cauliflower, then cut the head into small florets. Small dice the zucchini. Roughly chop the cilantro.



Cook the couscous:

In a small pot, heat **1 cup of water** and a **big pinch of salt** to boiling on high. Once the water is boiling, stir in the **couscous** and turn off the heat. Cover and let stand 5 to 7 minutes, or until all of the water is absorbed. Fluff the finished couscous with a fork.



Toast the almonds:

While the couscous is cooking, toast the nuts. Add the **almonds** to a dry pan. Heat the pan on medium-high for 1 to 3 minutes, or until the almonds are fragrant, stirring occasionally. Transfer the toasted almonds to a small bowl.



Cook the vegetables:

In a large pot, heat 2 teaspoons of olive oil on medium until hot. Add the **garlic**, **onion** and **sweet potato** and cook 4 to 6 minutes, stirring occasionally, or until the sweet potato starts to soften. Add the **cauliflower** and **zucchini**. Cook 4 to 6 minutes, or until the cauliflower starts to soften; season with salt and pepper to taste.



Add the aromatics:

Stir in the **tomato paste**, **ras el hanout** and **cinnamon stick**. Cook 1 to 2 minutes, or until toasted and fragrant, stirring frequently.



Finish the stew & plate your dish:

Stir in the **honey**, **vegetable demi-glace**, **dates**, **prunes** and **1 ½ cups of water**. Bring the mixture to a boil, then reduce the heat to medium-low. Simmer for 6 to 8 minutes, or until slightly thickened. Turn off the heat, and stir **half of the cilantro** into the stew. To plate your dish, divide the couscous and the stew between 2 bowls, discarding the cinnamon stick. Garnish each with the **chopped almonds** and **remaining cilantro**. Enjoy!