



Couscous with tomato - Morocco



Tiempo de preparación: 45 min.

Dificultad: Fácil

Ingredientes (Ingredients for 4 people)

- Tomate escurrido 26.6oz 14 oz.
- **Ingredientes**
 - Coriander seeds 2 tbsp.
 - Couscous 5 oz.
 - Dry red chili pepper 1
 - EVO oil to taste
 - Garlic cloves 4
 - Salt to taste
 - Sprig parsley 1
 - Sweet paprika 1 tsp.

Para esta receta hemos usado:



Preparación

Put the couscous in a bowl with oil and boiling water, let the grains swell and cover with cling film.

In a pan heat some oil and pour in the strained tomatoes. Chop the coriander, paprika, crushed garlic, chili pepper, oil and salt by hand or with a blender. Add the chopped mix to the strained tomatoes and 2 cups of water.

Cook for 20 minutes. Break up the couscous with a fork and add it to the spicy tomato sauce.

Sprinkle with a sprig of chopped parsley and a drop of oil and serve immediately.

Curiosity.

This dish is typical of Morocco and North Africa.