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Curried Cous Cous

Curried cous cous is a flavorful dish that originated in North Africa. It is typically made with cous cous, a type of pasta made from semolina flour, and a variety of spices including curry powder. The dish is often served as a side dish or as a main course with vegetables and protein. It is a versatile and easy-to-make recipe that can be customized to suit individual preferences.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	cous cous
2 tsp	curry powder
2 c	vegetable broth
2 tbsp	olive oil

1 medium	onion
2 cloves	garlic
1 medium	carrot
1 medium	Red Bell Pepper
2 tbsp	Raisins
2 tbsp	almonds
2 tbsp	Cilantro
2 tbsp	lemon juice
1 tsp	salt
1 tsp	black pepper

Directions

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Step 1

Boiling

Cook the cous cous according to package instructions.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Sautéing

Heat olive oil in a large skillet over medium heat. Add onion, garlic, carrot, and bell pepper. Cook until vegetables are tender, about 5 minutes.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Sautéing

Add curry powder, salt, and black pepper to the skillet. Cook for 1 minute, stirring constantly.

Prep Time: 1 mins

Cook Time: 1 mins

Step 4

Sautéing

Add cooked cous cous, vegetable broth, raisins, and almonds to the skillet. Stir well to combine.

Prep Time: 2 mins

Cook Time: 3 mins

Step 5

Simmering

Cover the skillet and simmer for 5 minutes, or until the liquid is absorbed.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Remove from heat and stir in cilantro and lemon juice. Season with additional salt and black pepper, if desired.

Prep Time: 1 mins

Cook Time: 0 mins

Step 7

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 8 g

Protein: 7 g

Carbohydrates: 38 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	7 g	41.18%	41.18%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	38 g	69.09%	76%
Fibers	5 g	13.16%	20%
Sugars	9 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	320 mg	9.41%	12.31%
Zinc	6 mg	54.55%	75%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Microwave

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Meal Type

Lunch

Brunch

Supper

Course

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Difficulty Level

Medium

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