

## Recipe

### Couscous with Vegetables

## By

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## Ingredients

- 1 C water
- 1½ Tsp salt
- 3 Tsp oil
- 1 C couscous
- ½ Tsp yellow asafetida powder
- 1 Tbsp finely grated ginger
- 1 medium sized zucchini, diced into 1 cm cubes

- 1 bell pepper (capsicum), diced into 1 cm cubes
- 1 carrot, peeled and shredded
- 1 C cooked chickpeas
- ½ Tsp turmeric powder
- 1 Tsp ground cumin
- 1 Tsp sugar
- 2 tomatoes, diced into 1 cm cubes
- 2 Tbsp fresh coriander leaves
- 1 Tbsp lemon juice

## Preparation

1. Bring to the boil the water, 1 Tsp salt and 1 Tsp oil in a saucepan. Remove the saucepan from heat and stir in the couscous, cover and set aside for 10-12 minutes. Transfer the cooked couscous to a serving bowl and cool it.
2. Heat the remaining oil in a sauté pan over moderate heat, sprinkle the asafetida powder. Add the ginger and sauté for a few seconds. Add all the vegetables, chickpeas and turmeric. Stir fry until tender-crisp. Add the cumin powder, sugar and the remaining salt. Remove from heat.
3. Combine the stir fried vegetables with couscous, tomatoes and coriander leaves. Add the lemon juice and mix well.

## Serves

4-5

## For further details please contact

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