Oriental vegetables with couscous

食谱作者 V-ZUG 瑞族



制备过程	45 分钟
烘烤的时间：烘烤时间取决于机器	25 分钟
份	4
电器	Combi-Steam MSLQ

Baked vegetables

300 g sweet potatoes

200 g yellow carrots

200 g celeriac

1 head of fennel, about 300 g

1 onion

Peel and coarsely dice the sweet potatoes.

Peel the carrots, quarter lengthways and cut into about 4 cm long pieces.

Peel the celeriac and cut into about 1.5 × 2 cm cubes.

Wash and cut the fennel into wedges. Peel and cut the onion into wedges.

2 tbsp olive oil

½ tbsp cumin

½ tbsp fennel seeds

1 tsp salt

Pepper, freshly milled

Put all the vegetables in a mixing bowl. Add the oil and seasoning and mix together well.
Spread the vegetables in the hardened glass dish. Put the hardened glass dish into the cold cooking space. Bake.

在 热风 期间为 **230 10** 分钟°C | **PowerPlus level 2**

在 热风 期间为 **230 5** 分钟°C

Mix the vegetables together.

折叠

在 热风 期间为 **230 10** 分钟°C

Oriental sauce

1 tbsp olive oil

2 cloves of garlic

1 tin of tomatoes, chopped (about 400 g)

150 ml red wine

1 orange, unwaxed, 100 ml juice and zest

1 tin of chickpeas, about 250 g

6 prunes, pitted

1 cinnamon stick

1 bay leaf

2 star anise, whole

Salt

Peel and crush the cloves of garlic. Heat up olive oil in a wide pan and cook the garlic.

Add the chopped tomatoes. Pour in the red wine and orange juice and bring briefly to the boil.

Cut the prunes in half. Add the orange zest, chickpeas, cinnamon stick, bay leaf, star anise and prunes and simmer over a medium heat for about 30 minutes. Season with salt to taste.

Add the baked vegetables and mix together well. Cover over and allow to stand in refrigerator for about 12 hours.

Remove the cinnamon stick, bay leaf and star anise. Put the vegetables in a microwaveable bowl and put it on to the hardened glass tray in the cold cooking space. Regeneration.

在 再生 期间为 **100** **15** 分钟°C

Stir the vegetables and season to taste.

COUSCOUS

300 g couscous

300 ml bouillon

1 bunch of parsley, flat-leaved

3 tbsp olive oil

1 lemon, unwaxed, zest and juice

Salt

Pepper

Heat the bouillon, add the couscous, cover with a lid and allow to swell for 5 minutes.

Chop the parsley. Loosen the cooked couscous with a fork, then add the parsley, olive oil and lemon zest. Season with salt, pepper and lemon juice to taste.

A little harissa

150 g yogurt, natural

Arrange the oriental vegetables together with the couscous. Serve with harissa and yogurt.

小费

Harissa is a hot, spicy paste used in North African and Arabic cuisine.

The couscous can be substituted with rice.

The oriental vegetables can also be reheated with «RegenerateOmatic humid».

配件

Hardened glass dish

附加信息

创建时间	11.12.2019