



Vegetarian couscous



Categoria
Vegetariano



Tempo de preparação
Rápido



Dificuldade
Fácil



Custo
Low



Com quem?
With family



Nº de pessoas
4 pessoas

Ingredientes



100ml of Gallo Extra Virgin

- 200g of couscous
- 200g of leeks
- 50g of arugula
- 125g of mix of green and red peppers
- 500ml of vegetable broth
- Ground pepper, to taste

Method of preparation

1

Heat up the vegetable broth and pour it over the couscous on a bowl. Leave it to hydrate.

2

Braise the leek in Gallo Extra Virgin Olive Oil until it becomes translucent.

3

Sauté the peppers in olive oil.

4

Put the leek at the bottom of the plate and on top of it put a steel cooking ring*. Fill the interior of the ring with couscous and lay the arugula and peppers on top of it.

5

Add some ground pepper and drizzle with the rest of the olive oil.

6

Remove the ring before serving.



Dicas do Chef

If you don't have a steel cooking ring, you can use a round mould for the same effect.

Produtos utilizados



Extra Virgin

Extra Virgin Olive Oil



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