

Panasonic Cooking

Mediterranean Couscous

Looking for something that is a nice and light side to lamb, chicken, or fish? Try this Mediterranean couscous! It's easy to make and tastes great hot or cold!

Ingredients:

Step one:

½ each (2 ounces / 56 g) small onion, diced

2 ounce (56 g) red peppers, diced

1 large tomato, chopped

½ small (2 ounces / 56 g) zucchini, diced

14 oz (398 ml) can artichokes, drained, quartered

1 oz (28 g) black olives, sliced (optional) - 25 slices approximately

2 cups (500 ml) vegetable stock

2 tbsp (30 ml) tomato paste

Lemon juice from ½ lemon

1 tsp (5 ml) oregano

1 tsp (5 ml) thyme

1 tsp (5 ml) salt

½ tsp (2 ml) black pepper

2 tbsp (30 ml) olive oil

Step two

1 cup (250 ml) couscous

Step three

½ cup (100 g) Feta cheese, crumbled

Directions:

1. Combine all ingredients, except the couscous and feta cheese, in the multi cooker pan. Insert into the multi cooker and close the lid. Select the Steam setting, and press Start.
2. After the beep, do not turn the machine off (leave it in the keep warm mode), open the lid, add the couscous, stir and close the lid. Wait 5 minutes for the couscous to absorb all of the liquid.
3. Open the lid, combine with the feta cheese, then serve.