

Fragrant cauliflower couscous

Cuisine: Other

Food category: Vegetarian dishes



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Company: Retigo



Program steps

1	Steaming		Termination by time	00:06	hh:mm	99	°C	+ 50	%		
2	Hot air	100	%	Termination by time	00:20	hh:mm	180	°C	+ 100	%	

Ingredients - number of portions - 8

Name	Value	Unit
cauliflower	3	pcs
canned chickpeas	2	pcs
dried apricots	200	g
raisins	50	g
mint	40	g
fresh dill	20	g
Spice	10	g
olive oil	40	ml

Nutrition and allergens

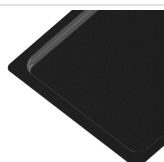
Allergens:
Minerals: Ca, Fe, K, Mg
Vitamins: A, D, E, K

Nutritional value of one portion	Value
Energy	101.7 kJ
Carbohydrate	21.8 g
Fat	0.4 g
Protein	1.7 g
Water	0 g

Directions

Clean cauliflower heads and cut them into florets discarding the bitter stalk. Using magimix or any other electric cutter equipped with blades, blitz florets until couscous like texture. Spread over GN and steam for about 6 minutes stirring through once or twice during the process. Meanwhile put drained chickpeas on a greased baking tray and season with salt and any other desirable spices. Dice finely all apricots, raisins and chop all the herbs. When is the "couscous" soft but still al dente take it out of steam and let cool slightly. Turn the oven to 180°C hot air and when preheated put chickpeas in and roast until crunchy. It may be a little longer depending on chickpeas. Season cauliflower cous cous and add all the other ingredients along with some olive oil. When chickpeas is ready let it cool a bit and mix it through couscous. Serve warm or at a room temperature.

Recommended accessories



Vision Bake



GN container Stainless steel full