

# Organic Whole Wheat Couscous

Country of Origin: USA/Canada

Certified Organic

Pro-Cert

## Nutrition Facts Valeur nutritive

Per 1/2 cup (100 g) / par 1/2 tasse (100 g)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 380	
<b>Fat / Lipides</b> 1 g	<b>1 %</b>
Saturated / saturés 0 g + Trans / trans 0 g	<b>0 %</b>
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 10 mg	<b>0 %</b>
<b>Carbohydrate / Glucides</b> 77 g	<b>26 %</b>
Fibre / Fibres 5 g	<b>20 %</b>
Sugars / Sucres 0 g	
<b>Protein / Protéines</b> 13 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	20 %
Iron / Fer	2 %

### Factoid:

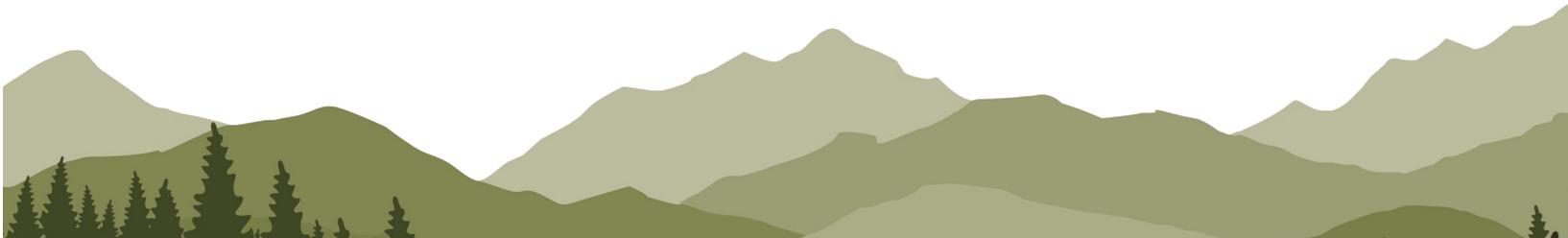
Couscous was originally a staple food of North Africa, often served with meat or vegetable stews. It is made from hulled and milled hard wheat. The coarse flour is combined with just enough water to bind the gluten from the exposed endosperm of the grain.

### Allergen Information:

Contains wheat and gluten.

### Ingredients:

Organic whole grain durum wheat



## Recipe:

# Couscous with Ginger, Orange, Almond and Herbs

### Ingredients:

2 Tbl olive oil

1/2 medium yellow onion,  
finely chopped (about 1/2 C)

1 clove garlic, finely chopped

2 Tbl fresh ginger, finely minced

1 C fresh orange juice

(about 3 oranges), strained

1 Tbl unsalted butter

1-1/2 C whole wheat couscous

1 tsp kosher salt; more to taste

1/2 C slivered almonds, toasted

1/4 C fresh flat-leaf parsley, chopped

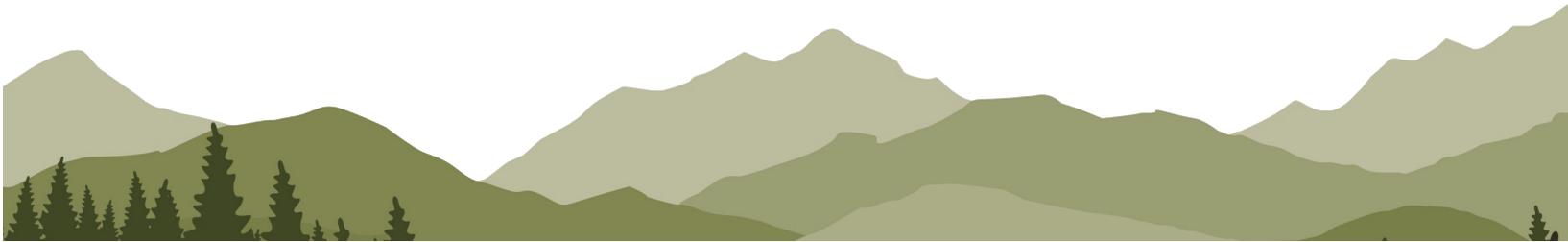
1/4 C fresh cilantro, chopped

Zest from 1 orange

Freshly ground black pepper

### Instructions:

1. In a medium straight-sided skillet or a large saucepan with a tight lid, heat the oil over medium heat.
2. Add the onion and cook, stirring frequently, until soft but not browned, 8-10 min.
3. Stir in the garlic and ginger and cook for 2 minutes.
4. Add the orange juice and simmer rapidly until the liquid has almost completely evaporated, about 10 minutes, stirring as needed to prevent the juice from caramelizing.
5. Add 2 cups of water and bring to a boil. Remove from the heat, add the butter, couscous, and salt. Stir to combine. Cover and let stand for 15 minutes. With a fork, fluff couscous.
6. Stir in the almonds, herbs, and orange zest to taste. Season with salt and pepper to taste.



## Cooking Note:

1. In a saucepan, bring 2 3/4 cups of water (or broth) to a boil.
2. Add 1/4 teaspoon of salt and stir.
3. Add 1 1/2 cups of couscous and remove from heat and allow to sit for about 5 minutes. Couscous should be light and fluffy, not gummy. Be sure to allow the couscous to absorb the water.

