



INCABERRIES

Spiced cous cous with Incaberries

Serves 6

Ingredients

2 cups cous cous
1 cup Incaberries or more to taste
2 tablespoons olive oil
1 onion, chopped
2 teaspoons ground cumin
1 ½ teaspoons ground coriander
1 teaspoon ground cinnamon
250g sweet potato, cut into 2cm dice
1 medium zucchini, cut into 2cm dice
cracked black pepper to taste
¼ cup chopped coriander, to serve

Method

Place the cous cous in a large heatproof bowl and top with the Incaberries. Pour over enough boiling water to cover the cous cous and Incaberries, then cover the bowl with plastic wrap.

Heat half the oil in a small frying pan and cook the onion until light golden. Add the spices and cook for 1-2 minutes then remove from the heat. Char grill or barbecue the sweet potato and zucchini until cooked through then keep warm.

To serve, add the remaining oil and use a fork to separate the grains of the cous cous and incorporate the Incaberries. Fold through the onion and spices along with the grilled sweet potato and zucchini. Season with pepper, transfer to a serving bowl and sprinkle with coriander.

Note: The steam in the bowl with the cous cous helps to soften the Incaberries slightly.

Nutrients per serve (6 serves)

1700kJ energy, 10g protein, 8g total fat (1.2g saturated fat, 1.4g polyunsaturated fat, 4.9g monounsaturated fat), 65g carbohydrates, 16g sugars, 11g fibre, 14mg sodium