



Mediterranean Couscous



Recipe Rating	
Total Time	45 Minutes
Cooking Time	30 Minutes
Total Labour	15 Minutes
Knife Skills	Basic

Equipment	
Chef's knife/Peeler/Cutting Board	
Spoon/Fork	
Mixing Bowl or Pan	
½ size- 2" deep production pans	

Nutrition Facts Valeur nutritive

Per 59 Gram (59g) / par 59 Gram (59g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories	45
Fat / Lipides	1.5g 3%
Saturated / saturés	1g 6%
+ Trans / trans	0g
Cholesterol / Cholesterol	5mg
Sodium / Sodium	120mg 5%
Carbohydrate / Glucides	6g 2%
Fibre / Fibres	0g 2%
Sugars / Sucres	less than 1g
Protein / Protéines	2g
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	4%
Calcium / Calcium	4%
Iron / Fer	2%

Mediterranean Couscous

	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Couscous	500 gm	1.1 Lbs	1 Kg	2.2 Lbs
Water	400 mL	13.5 fl oz	800 mL	27 fl oz
Onions, Fresh, Diced	90 gm	3.2 oz	180 gm	6.4 oz
Garlic, Fresh, Minced	12 gm	0.4 oz	24 gm	0.8 oz
Roma Tomatoes, Fresh, Diced	250 gm	8.8 oz	500 gm	1.1 Lbs
Feta Cheese, Crumbled	190 gm	6.7 oz	380 gm	13.4 oz
Salt	4 mL	0.8 tsp	4 gm	1.6 tsp
Apple Cider Vinegar	30 mL	1 fl oz	60 mL	2 fl oz
Parsley, Fresh, Finely Chopped	20 mL	2/3 fl oz	10 gm	1 1/3 fl oz

Method



1. Wash tomatoes and parsley. Peel onion and garlic. Dice tomatoes and onion. Finely mince garlic. Finely chop parsley and set aside.



2. Combine all ingredients except for the chopped parsley. Transfer to $\frac{1}{2}$ size-2" deep production pans that have been prepared with nonstick spray (or coated with butter). Cover with plastic wrap and aluminum foil.

Place pan in Multigen for 30 minutes.



3. Remove from Multigen and fluff with a fork.

Serve Cold.

4. **Bulk:** Portion into service dishes or leave in bulk for dining room service.

Cold Plating: plate alone or as a side dish. Place on the cold side of the tray prior to service.

Garnish: **Finely chopped parsley or finely diced tomatoes**

Food Accompany: **Any appropriate entrée, such as chicken or fish**

bur^lodge