



# Vegetarian couscous



*Categoria*  
Vegetariano



*Tempo de preparação*  
Rápido



*Dificuldade*  
Fácil



*Custo*  
Low



*Com quem?*  
With family



*Nº de pessoas*  
4 pessoas

## Ingredientes



100ml of Gallo Extra Virgin

- 200g of couscous
- 200g of leeks
- 50g of arugula
- 125g of mix of green and red peppers
- 500ml of vegetable broth
- Ground pepper, to taste

## Method of preparation

1

Heat up the vegetable broth and pour it over the couscous on a bowl. Leave it to hydrate.

2

Braise the leek in Gallo Extra Virgin Olive Oil until it becomes translucent.

3

Sauté the peppers in olive oil.

4

Put the leek at the bottom of the plate and on top of it put a steel cooking ring\*. Fill the interior of the ring with couscous and lay the arugula and peppers on top of it.

5

Add some ground pepper and drizzle with the rest of the olive oil.

6

Remove the ring before serving.



#### Dicas do Chef

*If you don't have a steel cooking ring, you can use a round mould for the same effect.*

#### Produtos utilizados



*Extra Virgin*

Extra Virgin Olive Oil



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