

Za'atar Roasted Eggplant Couscous Bowl

TOTAL TIME
70 mins

SERVING / SIZE
1 bowl

SERVINGS
16



Israel couscous or pearl couscous is meatier than regular couscous and has a pleasant chewy texture. Simmered in Tomato Bisque with Basil, it makes a tasty grain for this vegetarian bowl.

MADE WITH



Signature Creamy Tomato Basil Bisque
CASE CODE 24861

Ingredients

1 tub (1.81 kg)	Signature Creamy Tomato Basil Bisque
1.9 L	Water (1 full tray)
612 g	Israeli Couscous
612 g	Each ground cumin and ground coriander
3 L	Chopped eggplant (1 inch/2.5 cm pieces)
800 g	Small cauliflower florets, steamed
125 mL	Olive oil
28 g	Za'atar seasoning
125 mL	Tahini paste
60 mL	Plain 2% yogurt
60 mL	Lemon juice
60 mL	Water
6 g	Salt
1 g	Cayenne pepper
<i>For topping:</i>	
696 g	Pomegranate arils
120 g	Mint leaves, packed
150 g	Chopped toasted almonds
	Za'atar seasoning

Directions

- 1 In large rondeau, bring soup and water to simmer; stir in couscous, garlic, cumin and coriander. Cook, stirring every 5 minutes, for 18 to 20 minutes or until couscous is tender. Hold for service. (Makes 2 L/8 cups)
- 2 Preheat oven to 220°C (425°F). Toss together eggplant, cauliflower, olive oil and za'atar seasoning. Arrange in single layer on parchment paper-lined baking sheets. Roast for 20 to 25 minutes or until very tender. Can be served hot or cold. Can be prepared 24 hours in advance and refrigerated. (Makes 1 L/4 cups)
- 3 Whisk together tahini paste, yogurt and lemon juice and water until smooth. Stir in salt and cayenne. Can be prepared 24 hours in advance and refrigerated. (Makes 250 mL/1 cup)

Serving

Spoon 125 mL (½ cup) couscous into serving bowl.

Top with 60 mL (¼ cup) eggplant, 125 mL (½ cup) cauliflower, 125 mL (½ cup) sliced beets and 15 mL (1 tbsp) almonds.

Drizzle with 15 mL (1 tbsp) tahini sauce.

Sprinkle za'atar seasoning.