



Everything
But The Chef

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Merguez Sausages with Couscous

Our friends at Nonna's have sorted you out with lovely Merguez sausage. It's doing all the heavy lifting in this; bringing cumin, harissa, sumac, fennel and garlic to the mix – perfect to be soaked up by your couscous to deliver you gorgeous North African flavour in every bite. Perfect!



Prep: 10 mins

Cook: 20 mins

Total: 30 mins



level 1



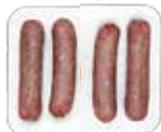
Merguez couscous



Mint



Red Onion



Merguez Sausages



Lemon



Tomato

2P	4P	Ingredients
150 g	300 g	Merguez couscous
2 tbs	4 tbs	mint, roughly chopped 
1/2	1	red onion, finely diced 
3 tbs	6 tbs	olive oil *
4	8	Merguez sausages
1/2	1	lemon, juiced 
1	2	tomato, sliced into wedges A

 May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	1900	Kj
Protein	59	g
Fat, total	2.6	g
-saturated	0.9	g
Carbohydrate	40.5	g
-sugars	11	g

Measuretool

0 cm	1 cm	2 cm



1 Place the **Merguez couscous** into a bowl and boil some water (the water has to be equal to the amount of your couscous so for example: 150ml of water for 150g of couscous). Pour the water over the couscous, add a dash of olive oil and a good grind of **salt** and **pepper** then stir with a fork and cover the bowl tightly with cling wrap, leave to sit for **5-10 minutes**. Remove wrap and then begin to fluff the couscous with a fork. Add in the fresh **mint**, and **red onion**, then dress with the **olive oil** and toss to combine.



2 Heat some oil in a pan over a medium-high heat. Add the **Merguez sausages** and cook, turning regularly, for **5-7 minutes** or until cooked through.

3 Serve your delicious merguez sausages with a side of the scented couscous, a squeeze of **lemon juice**, a scattering of chopped **tomato**, and if you desire, a spoonful of your favourite chilli sauce.



Did you know? Onion has been grown in Egypt for over 5000 years and was regarded as a symbol of the universe in the ancient world.