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Serves 1

Tomato & Couscous Stew

The Well Recipe Card

- ½ onion – finely diced
- 2 garlic cloves – finely chopped
- 2 tsp Mediterranean blend
- ½ tin chopped tomatoes
- 100g cherry tomatoes – stems removed
- 250ml water
- 50g couscous (or gluten-free grain i.e basmati rice or quinoa)

Optional: Extra virgin olive oil, mozzarella, parmesan, pesto, fresh basil, green salad, olives

Wash & prepare vegetables as described, pre-heat oven to 160°C.

In a saucepan over medium heat sweat onion with a little oil until soft and translucent (3–4 mins),

Add the garlic and cook for a further minute.

Now, add Mediterranean blend, be careful not to make too much smoke (turn the heat down if needed).

Add the tin of chopped tomatoes bring to a simmer cover with a lid and leave on a very low heat for at least 10 minutes this allows the flavours to develop.

Meanwhile, place the cherry tomatoes on a suitable oven tray and drizzle with oil salt and pepper before placing in the oven for 8–10 minutes, after which they should be soft and ready to burst.

Finally, add water and couscous to the tomato pan and bring back to a simmer and cook for a further 6–8 minutes stirring occasionally until the couscous is cooked and tender.

Check the stew before serving in a bowl topped with the roasted tomatoes, perfect with a crunchy green salad on the side.



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