



MINI STUFFED TOMATOES WITH SPICED COUSCOUS



20 min.

INGREDIENTS

1/2 bag of TIPIAK Spiced Couscous

150 ml of unsalted water

a knob of butter

20 cherry tomatoes

2 tomatoes

Salt, pepper

A few sprigs of parsley

COOKING INSTRUCTIONS

1. Pour the water into a saucepan and bring to a boil. Place the 1/2 bag of couscous in a glass bowl. Pour the boiling water into the bowl, add the butter, cover the bowl with a plate and set aside. Take the cherry tomatoes and cut off the tops. Reserve tomato tops for later. Using a spoon, scoop out and reserve the seeds and pulp from the tomatoes. Pour tomato chunks and reserved tomato pulp/seeds, a pinch of salt and pepper as well as a few sprigs of parsley into the foods processor. Blend the mixture to reach a liquid yet slightly chunky consistency. Remove plate from couscous and fluff lightly with a fork. Pour in tomato mixture and mix together with the couscous. Fill each hollowed-out cherry tomato with the tomato-couscous mixture. Place reserved tomato tops on top of each.