

# Mushroom Couscous

---

**CAL: 386    PROTEIN: 15    CARBS: 77    FIBRE: 3    FAT: 2**



# Mushroom Couscous

---



**SERVES:**  
4



**TIME:**  
25 minutes



## INGREDIENTS

300g pearl couscous  
60ml olive oil  
600g mushrooms, sliced  
1 brown onion, diced  
3 tbsp maple syrup  
3 tbsp soy sauce (tamari if gluten free)  
2.5 tbsp rice wine vinegar

## INSTRUCTIONS

Bring a large pot of water to boil and cook pearl couscous according to packet instructions.

In a separate pot, add 1 tbsp of the olive oil, mushrooms and onion. Cook on medium-high heat for 3-4 minutes.

In a small bowl or jar, mix together the maple syrup, soy and rice wine vinegar. Pour over the mushrooms and reduce the heat to low-medium. Cook for 1 minute.

Add the pearl couscous and cook, stirring constantly on low heat for 3-4 minutes.

Divide into four bowls and serve immediately.

## MACROS

Calories: 386  
Protein: 15  
Carbs: 77  
Fat: 2  
Fibre: 3