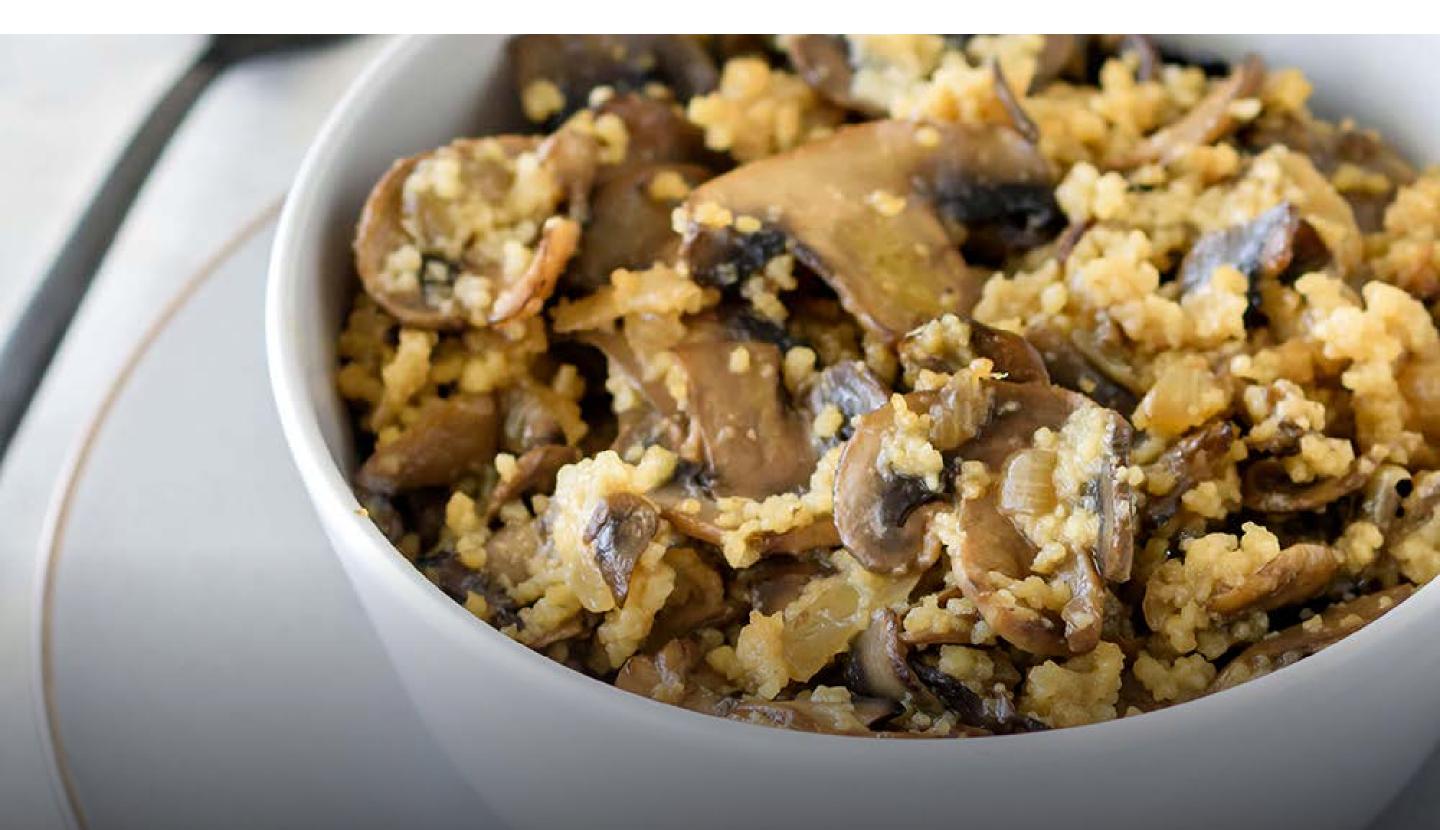


# **Mushroom Couscous**

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



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# Mushroom Couscous



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#### 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.

### 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

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