



Nutrition Facts

Serving Size		1 bowl
Amount Per Serving		
Calories 510		
		% Daily Value
Total Fat	25g	38%
Saturated Fat	4.5g	23%
Cholesterol	15mg	5%
Sodium	800mg	33%
Total Carbohydrate	63g	21%
Dietary Fiber	10g	40%
Protein	13g	26%
Vitamin A	%	Vitamin C %
Calcium	%	Iron %

ZA'ATAR ROASTED EGGPLANT COUSCOUS BOWL



Total Time
70 MIN.

Serving Size
1 BOWL

Difficulty
EASY

Yields
16

Israel couscous or pearl couscous is meatier than regular couscous and has a pleasant chewy texture. Simmered in Tomato Bisque with Basil, it makes a tasty grain for this vegetarian bowl.

INGREDIENTS

WEIGHT

MEASURE

Campbell's Signature Tomato Bisque with Basil	1 pouch (8 cups/4 lb)	1 pouch (1.81 kg)
Israeli Couscous	4 cups	1 L
Min Israeli Couscous	3 tbsp	45 mL
Each ground cumin and ground coriander	4 tsp	20 mL
Chopped eggplant (1 inch/2.5 cm pieces)	12 cups	3 L
Olive oil	1/2 cup	125 mL
Za'atar seasoning	2 tbsp	30 mL
Tahini paste	1/2 cup	125 mL
Plain 2% yogurt	1/4 cup	60 mL
Lemon juice	1/4 cup	60 mL
Salt	1 tsp	5 mL
Cayenne pepper	1/4 tsp	1 mL
Small cauliflower florets, steamed	8 cups	2 L
Canned or cooked sliced beets	8 cups	2 L
Chopped toasted almonds	1 cup	250 mL
Za'atar seasoning	4 tsp	20 mL



Tip

- Add canned and drained chickpeas for added protein.
- Use smaller eggplants, they have less seeds, so the flavour is not as bitter.

Recipe Tips:



INSTRUCTIONS

1. In large saucepan, bring soup to simmer; stir in couscous, garlic, cumin and coriander. Cook, stirring every 5 minutes, for 18 to 20 minutes or until couscous is tender. Hold for service. (Makes 8 cups/2 L.)

2. Preheat oven to 425°F (220°C). Toss together eggplant, olive oil and za'atar seasoning. Arrange in single layer on parchment paper-lined baking sheets. Roast for 20 to 25 minutes or until very tender. Can be served hot or cold. Can be prepared 24 hours in advance and refrigerated. (Makes 4 cups/1 L.)

3. Whisk together tahini paste, yogurt and lemon juice until smooth. Stir in salt and cayenne. Can be prepared 24 hours in advance and refrigerated. (Makes 1 cup/250 mL.)

Serving: Spoon 1/2 cup (125 mL) couscous into serving bowl. Top with 1/4 cup (60 mL) eggplant, 1/2 cup (125 mL) cauliflower, 1/2 cup (125 mL) sliced beets and 1 tbsp (15 mL) almonds. Drizzle with 1 tbsp (15 mL) tahini sauce. Sprinkle with 1/4 tsp (1 mL) za'atar seasoning.