

Recipe 1

Wholemeal CousCous with Vegetables



- Wholemeal CousCous from Palestina (ctmaltromercato) 200 gr
- “Benessere” vegetables (soy, broccoli, carrots, cauliflower, kidney beans, green beans,...)
- Extra virgin olive oil from the Rimini hills 1 tablespoon
- Herbs (basil, dill, chives...)
- Cervia sea salt

Cook the couscous in double its weight in water. Cover the pot and when all the water has been absorbed (approx. 15 minutes) add the steamed vegetables and olive oil. Flavour with the herbs cut into julienne strips.