

Five Spice Moroccan Couscous Salad With Raisins



Couscous looks like grain but they are made with durum wheat (semolina). This is very popular in North African cuisines

like Morocco, Tunisia, Libya and Algeria (Ref:Wikipedia). Last week I bought this couscous mainly wanted to make this five spice Moroccan couscous salad with raisins and nuts. I referred vegan planet cook book by Robin Robertson and made this couscous salad for last night dinner. They are so yum, flavorful, refreshing and exotic in taste. You can taste all the flavors in this salad like sweetness from dates and sugar, crunches from nuts and 5 different spice taste. I customized this recipe to my taste .

To make 5 spice Moroccan couscous salad, first you need to cook the couscous with five special spices, they are turmeric, Cayenne (red chilly powder), dry ginger powder, cinnamon powder and cumin Powder. Finally you have to toss it with sliced onion, black olives, cottage cheese, raisins, nuts and salt.

Try this yummy, delicious Moroccan couscous salad at home and enjoy with your family.

How to make Five Spice Moroccan Couscous Salad With Raisins & Nuts

Ingredients for Five Spice Moroccan Couscous Salad With Raisins & Nuts

Preparation Time: 10 mins Cooking Time: 10 mins Serves :2

- 2 Tbsp of Olive Oil
- 1/4 Tsp of Turmeric Powder
- 1/4 Tsp of Red Chilly Powder(cayenne)
- 1/4 Tsp of Cinnamon Powder
- 1/4 Tsp of Cumin Powder
- 1/4 Tsp of Dry Ginger Powder
- 1 Cup of Instant Couscous
 - 2 Cups of Water
- 1 Medium Size Red Onion, Sliced
 - 10 Black Olives
 - 2 Tbsp of Cottage Cheese
 - Handful of Raisins
 - Handful of Walnuts
 - 1/4 Cup of Seedless Dates
 - 1/4 Tsp of Brown Sugar
 - Salt to taste

Method for Five Spice Moroccan Couscous Salad With Raisins & Nuts

- Heat a pan with oil in a medium heat, when it is hot, add couscous, turmeric powder, red chilly powder, cinnamon powder, cumin powder and dry ginger powder. Fry well in oil for 2 mins. Add water, bring it to boil, reduce the heat to low flame, cover and cook for 10 mins.
- Transfer this couscous to a serving bowl. To the couscous, add onion, black olives, raisins, dates, walnuts, cottage cheese, sugar and salt. Gently toss it with fork until everything combined well.
 - Serve immediately.

Tips

- You can customize this salad recipe by adding chickpeas or black beans.
 - Instead of water you can add vegetable broth.
- If you don't have walnuts, add cashews or peanuts or almonds.



Five-Spice Moroccan Couscous Salad

Tags: [Five Spice Moroccan Couscous Salad With Raisins & Nuts](#), [moroccan salad with couscous](#), [couscous recipe](#), [five spice](#)

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Sprouted Navadhanya Sundal Recipe



Today I am posting easy sundal recipe for navarathiri is Mixed sprouts sundal / Sprouted Navadhanya sundal recipe. The word navadhanya refers to nava meaning nine, dhanyam -meaning grains. This sundal recipe is a combination of 9 sprouted legumes(white chickpeas, Mochai, Green Gram, Horse Gram, Rajma, black eyed peas, dried soy beans, white black eyed peas and black chickpeas and I bought this mixed sprouts from nearby Nilgiris supermarket. During navarathiri, sundal are prepared from different legumes. I already posted [chickpeas sundal](#) and [peanut sundal](#). This navadhanya sundal recipe is very easy to make and also super healthy. You can make this sundal recipe for evening snack or after school snack for kids. Try this super healthy Sprouted Navadhanya sundal recipe and let me know how it turned out.

How to make Mixed Sprouts Sundal Recipe / Navadhanya Sundal Recipe

Preparation Time : 10 mins

Cooking Time : 15 mins

Serves : 3

Ingredients for Sprouted Navadhanya Sundal Recipe

- 1 Cup of Mixed sprouts
- 3 Tbsp of Coconut Grating
- Salt to taste

To Temper

- 2 Tsp of Oil
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal

- 2 – 3 Red Chillies
- Few Curry Leaves
- Pinch of Asafoetida

Method for Sprouted Navadhanya Sundal Recipe

- Cook the sprouted legumes by adding enough water and salt in pressure cooker for 3 whistles. Do not overcook.
- Heat a pan with oil, when it is hot, add red chillies, mustard seeds, urad dal, curry leaves, asafoetida, after it splutters, add cooked mixed sprouts, fry for few mins, finally add coconut gratings and mix well. Check the salt. Turn off the stove.
- Hot, delicious mixed sprouts are ready to serve for evening snack.

Tips

- You can use home made or store bought sprouts.
- You can use red chilly powder or green chillies in place of red chillies.
- Do not over cook the legumes. Cook the legumes either in pressure cooker or in open vessel.
- You can squeeze lemon at the end, for little tangy taste (optional)

Sprouted Navadhanya Sundal



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Kondakadalai (Channa) Sundal Recipe



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kondakadalai (channa) Sundal recipe is a south Indian salad made with different legumes. Kondakadalai sundal recipe / channa sundal recipe / chick peas salad is a easy and healthy evening snack. Also we make kondakadalai sundal recipe for

festival occasions particularly for Navarathri and Vinayaka chaturthi..kondakadalai Sundal recipe can be prepared either with white or black chickpeas. Both channa sundal are rich in protein and nutritious. Here it comes the recipe for kondakalai (channa) sundal recipe.

Ingredients for sundal recipe

- 1/2 Cup of Channa / Kondakadalai / Chick Peas
- 1 Tbsp of Coconut

To Temper

- 2 Tsp of Oil
- 1 Red Chilly
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- Pinch of Asafoetida
- Few Curry Leaves

Method for kondakadalai sundal recipe

- Soak chick peas in salt water for overnight (8hrs). Next day, wash it in cold water and pressure cook by adding salt, oil and water, for 2 whistles , simmer it for 35 mins in low flame. After that, turn off the flame. Let the pressure release on its own.
- Heat a pan with oil, add red chilly, mustard seeds, urad dal, after it splutters, add asafoetida and curry leaves, followed by channa, salt and coconut, mix well and fry for 1-2 mins.
- Healthy Channa sundal is ready to eat.



Tips

- You can use green chilly instead of red chilly.
- You can add chopped onion while tempering.

Health Benefits of Sundal / Chickpeas

- High in fiber, iron and protein.
- Rich in manganese and folate.
- Stabilizes blood sugar and low in glycemic index.
- Reduce the risk of Heart disease.
- Prevents breast cancer.
- Due to high in fiber and low in GI, they are good for weight loss

Channa (Chickpeas) Sundal



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