

COUSCOUS WITH SHAWARMA AND GREEN BEANS

2 persons / 585 kcal per person

Ingredients:

- 150 grams of couscous
- 1 red onion
- 200 grams of shawarma meat
- 200 grams of green beans
- 2 tablespoons of sweet or hot chili sauce
- tap water
- pepper



Preparation:

Pre-cook the green beans for 8 minutes. Meanwhile, cut the onion into rings. Heat a wok and fry the shawarma meat over a high heat for 3 minutes until browning. Meanwhile add 200 ml of boiling water to the couscous and stir well. Cover and let stand for 5 minutes. Spoon the onion and green beans into the shawarma meat and fry for 2 minutes. Stir in the chili sauce and 100 ml of water and let it simmer for 3 minutes. Roll the couscous with a fork. Spoon the couscous into a bowl. Season the shawarma with pepper and serve on the couscous.

Nutritional value per portion:

Energy:	585 kcal
Protein:	36.2 grams
Carbohydrates:	69.0 grams
- including sugars:	8.7 grams
Fat:	16.6 grams
Fiber:	6.9 grams
Salt:	1.3 grams