

COUSCOUS OF BROCCOLI RICE, FRESH HERBS, PISTACHIO & WHITE CHEESE

2 persons / 420 kcal per person

Ingredients:

- 400 grams of broccoli rice
- 15 grams of fresh mint
- 20 grams of fresh curly parsley
- 1 lemon
- 1 midi cucumber
- 25 grams of peeled unsalted pistachios
- 250 g cherry tomatoes
- 1½ tablespoons of olive oil
- 100 grams of white cheese
- ½ medium egg
- ¼ tablespoon of sambal oelek
- 7½ grams of panko



Preparation:

Place the broccoli rice in a colander and pour boiling water over it. Drain. Remove the leaves from the sprigs of mint and chop finely together with the parsley. Scrub the lemon, grate the yellow peel and squeeze the fruit. Cut the cucumber into ½ cm cubes. Mix the broccoli rice with the mint, parsley, ½ tbsp lemon zest, 1 tbsp lemon juice and the cucumber cubes. Season with pepper. Chop the pistachios roughly. Heat a frying pan without oil or butter and roast the nuts for 3 minutes until golden brown. Let cool on a plate. In the meantime, halve the cherry tomatoes. Heat ½ tbsp of the oil in the same frying pan and fry the tomatoes for 5 minutes over medium heat. Meanwhile cut the white cheese into 2 cm cubes. Beat the egg with the sambal in a deep plate. Divide the panko over another plate. Turn the cheese cubes first through the egg mixture and then through the panko. Heat 1 tbsp of the oil in a frying pan and fry the breaded cheese for 5 minutes until golden brown. Turn regularly. Mix the broccoli couscous with the tomatoes and divide between the plates. Divide the baked cheese on top and garnish with the pistachios.

Nutritional value per person:

Energy:	420 kcal
Protein:	20.8 grams
Carbohydrates:	13.7 grams
- including sugars:	8.7 grams
Fat:	28.9 grams
Fiber:	10.4 grams
Salt:	1.9 grams