

# ENDIVE COUSCOUS WITH SCRAMBLE EGG

---



2 persons / 527 kcal per person

## Ingredients:

- 100 grams of whole meal couscous
- 400 grams endive sliced
- 4 eggs
- 200 grams of cherry tomatoes
- 50 grams of raisins
- 1 red onion
- 2 cloves of garlic
- 2 teaspoons turmeric
- 1 tablespoon of olive oil
- pepper and salt

## Preparation:

Cut the red onion into half rings and finely chop the garlic. Cut the cherry tomatoes into quarters. Soak the raisins in cold water. Heat a frying pan with the oil and fry the onion and garlic on medium heat for 3-4 minutes.

Meanwhile, prepare the couscous according to the instructions on the package, add half the turmeric to the boiling water and leave to swell with a lid for 5 minutes. Beat the eggs with salt and pepper and add to the onion and garlic. Let the egg set a little and then stir it. Meanwhile, boil the endive

# ENDIVE COUSCOUS WITH SCRAMBLE EGG

---

in a layer of water with the other half of the turmeric and some salt for 4 minutes and drain the endive. Stir the couscous loose. Add the couscous, cherry tomatoes, endive and raisins to the egg mixture. Stir everything together and add pepper, salt or some more turmeric to taste.

Nutritional value per person:

Energy:	527 kcal
Protein:	23.5 grams
Carbohydrates:	63.9 grams
- including sugars:	25.1 grams
Fat:	17.1 grams
Fiber:	11.3 grams
Salt:	1.5 grams