

# Mediterranean Couscous

High in carbs, protein and Vitamin C, this tasty meal will keep you full and energized!



**Prep Time:** < 10 mins      **Cooking Method:** *dehydrating*

**Cooking Time:** < 17 hours      **Yield:** 1

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## Ingredients:

- 1/2 cup couscous
- 1/4 cup dehydrated feta cheese (*approx 1/4 cup crumbled fresh*) *\*omit if making vegan or dairy-free*
- 1/4 cup dehydrated or sundried tomatoes (*approx 1/3 cup raw, diced*)
- 1/4 cup dehydrated green bell peppers (*approx 1/3 cup raw, diced*)
- 2 tbsps. dehydrated red onions (*approx 1/4 cup raw, diced*)
- 1-2 tbsps dehydrated olives (optional; *approx 2-4 tbsps uncooked, sliced*)
- 1 tbsp greek seasoning (*or combo of oregano, basil, parsley, dill, onion powder & garlic powder*)
- 1/4 tsp salt
- 1/4 tsp pepper

## Directions:

1. Crumble and spread out feta cheese in dehydrator (it's best to use a mesh liner) and dehydrate at 135° for approx 6 hours.
2. Dice tomatoes, onion and green bell pepper (devein and remove seeds), and chop into approx 1/4" thick pieces. Cut olives into 1/4" thick slices (if not pre-cut). Spread all vegetables in dehydrator and dry at 135° for 4-8 hours.
3. If making your own spices, remove thick stems and dehydrate at 95° for 2-3 hours. Once dry, crumble.
4. Combine all ingredients into a sealable container

Voilà! Your mediterranean couscous is ready to go! (see [how to rehydrate](#) below)

# Mediterranean Couscous (cont'd)

## Notes:

- Feel free to use original or flavoured couscous
- Learn more about dehydrating from our [Dehydrating 101](#) post

## How to Rehydrate Before Consumption:

1. Add  $\frac{3}{4}$  cup boiling water
2. Stir
3. Let sit for approx. 12 mins
4. Stir & enjoy

## Rehydrating Tips:

- Use a container with a lid to contain as much heat as possible... Have a packable insulated container? Even better.
- After soak time is finished, add more hot water if you find the meal dry or crunchy.

## Nutrition Information

*\*Nutrition information is estimated using an online nutrition calculator.*

*Actual nutrition facts may vary.*

## Per Serving:

**Calories:** 500 kcal **Protein:** 21g **Carbs:** 76g **Fat:** 12g **Fibre:** 4g

**Sugar:** 9.5g **Sodium:** 581mg **Saturated Fat:** 6g **Cholesterol:** 33mg



*Nomad's Kitchen*

