



VEGETABLES COUSCOUS WITH EGGS

<u>Ingredients</u>	<u>Steps</u>
<ul style="list-style-type: none"> • 1 cup carrots, sliced • 1 cup chopped onion • 1 cup of chickpeas • 2 cup turnip, cubed • 2 garlic cloves, chopped • 1 tsp. sweet paprika • 1 tsp. ground cumin seeds • 1 tsp. ground coriander seeds • 1 tsp. tablespoon of honey • salt and pepper to taste • 2 cups zucchini, sliced • Harissa to taste • 2 cups of couscous • 2 tsp. tablespoon of butter • 2 cups of boiling water • 4 eggs • 2 tsp. white vinegar 	<ol style="list-style-type: none"> 1. In a saucepan, put the carrot slices, onion, chickpeas, turnip, garlic, paprika, cumin, cilantro, honey, salt and pepper. Cover with water, then simmer 20 min. 2. Add the courgette slices and continue cooking for 5 minutes. Add harissa. 3. In a bowl, put the couscous, butter and boiling water, then mix. Cover and let stand 5 minutes. 4. Using a fork, fluff the couscous to make it light. Add a little salt and pepper. 5. Break each egg into a ramekin. In a saucepan of simmering water mixed with white vinegar, place the eggs, one by one, and cook for 3 minutes. Then place them on absorbent paper. 6. Divide the couscous and vegetables into deep plates, then place a poached egg on top.

Source : unknown

Our mission is to promote food autonomy and healthy habits by doing cooking workshops in group. You can become a member at anytime and it's free! Contact us at - 819 832-1176 / info@cchsf.ca



CORN, BACON AND KALE CHOWDER

<u>Ingredients</u>	<u>Steps</u>
<ul style="list-style-type: none"> • 1 cup red or white onion, finely diced • 2 tbsp butter • 2 cloves garlic, minced • 1 potato, finely diced • Kernels of 4 cobs corn (about 2 cups) • 5 slices bacon, cooked and chopped • 2 cups vegetable broth • 1 cup 15% or 35% cream • Handful of kale, chopped • Salt and pepper, to taste 	<ol style="list-style-type: none"> 1. In a saucepan, melt the butter and soften the onion for 5 minutes. Add the garlic and cook for 2 more minutes. 2. Add the potatoes, corn, bacon (save some to garnish), and broth. Season well and simmer for 15 minutes. 3. Add the cream and kale and simmer for 5 more minutes. Adjust the seasoning and garnish with bacon and kale.

Source : <https://www.troisfoisparjour.com/en/recipes/main-course/soups-main-course/corn-bacon-kale-chowder/salad>

Our mission is to promote food autonomy and healthy habits by doing cooking workshops in group. You can become a member at anytime and it's free! Contact us at - 819 832-1176 / info@cchsf.ca