



## Fresh pearl couscous with bimi and rocket pesto

Pearl couscous – or fregola – is a pasta speciality from Sardinia and a variant of the Arabic couscous. This pasta has a firm round grain and is made of semolina. In Sardinia, it is difficult to find a restaurant where the chef does not serve fregola, but also worldwide it is becoming more and more known and appreciated as dried pasta.

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20 min | 547 kcal

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## ORGANIC INGREDIENTS

		1P	2P	3P	4P
Pearl couscous	g	85	170	255	340
Rocket pesto	g	50	100	120	200
Bimi	g	100	200	200	400
Leek	item	0.5	1	2	2
Spinach	g	75	150	300	200

add yourself:

Olive oil	tbsp	1	2	3	4
Thyme	tsp	0.5	1	1.5	2
Salt and pepper					

*\*In organic cultivation, the vegetables supplied are more likely to vary in weight. To prevent waste, we sometimes adjust the quantities when packing. We guarantee 200-250 grams of vegetables per serving.*



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## PREPARATION

1. Boil a pan of water with a pinch of salt and cook the pearl couscous for 10- 12 minutes until al dente. Drain off the water (collect some of the cooking liquid) and mix in the pesto.
2. Meanwhile, wash the bimi and cut the stems into pieces. Cut the leek in half lengthwise, rinse under the tap and cut into small pieces. Heat oil in a frying pan. Stir-fry the leek and the bimi for 5 minutes. Add a dash of pasta cooking liquid and allow to simmer, covered, for 2-3 minutes until cooked.
3. Wash the spinach, cut into smaller pieces and add to the pan for the last minute until the spinach has shrunk. Season with salt, thyme and (chilli) pepper.
4. Serve the pearl couscous with the vegetables and drizzle with extra virgin olive oil.

*Tip: You can always save some of the pasta cooking liquid and use it to make a light and creamy sauce. The dressing is also delicious with some lemon juice.*

Organic



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