

# Kabobs on Couscous

(Serves 6)

## **Meat**

1 – 1 ½ pound beef (e.g. eye of round roast) cut into 1 ½ inch cubes  
(Include Instant unseasoned meat tenderizer if needed)

## **Marinade and basting**

½ cup low salt soy sauce  
¼ cup extra virgin olive oil  
2 tablespoons molasses  
2 teaspoons ground ginger  
2 teaspoons dry mustard  
6 cloves garlic, minced

## **Roasted Vegetables**

1 pineapple cut into 1 ½ inch pieces  
1 green bell pepper cut into 1 ½ inch pieces  
1 red bell pepper cut into 1 ½ inch pieces  
12 small onions  
1 pound whole mushrooms

## **Couscous**

One cup dry couscous  
1 ½ cups boiled water  
3 tablespoons extra virgin olive oil  
Cherry peppers  
Mint sprigs  
½ teaspoon of salt

Generous grinding of pepper.

Prepare wood skewers in water for 20 minutes to keep from burning.

For marinade, combine soy sauce, extra virgin olive oil, molasses, ginger, dry mustard and minced garlic cloves in a medium size bowl; mix well. Reserve approximately ¼ of the marinade for basting.

Cut meat into cubes. If necessary, use meat tenderizer on meat according to label directions. Add meat to marinade, stirring to coat, and let stand 15 minutes at room temperature.

Prepare peppers and fresh mushrooms for roasting by first dipping them in very hot water a minute.

Alternate meat cubes and vegetables/fruit on skewers. Broil over grill 5 to 7 minutes or to desired doneness. Turn frequently. Baste with marinade.

For Couscous:

Pour 1 ½ cup boiled water over couscous and let sit for 20 minutes. Mix in 3 tablespoons extra virgin olive oil, salt and pepper. Serve over couscous garnished with cherry tomatoes and chopped fresh mint.



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