

Avocado & Tomato

COUSCOUS VERRINE



Elevate your lunch break with a verrine, a multi-layered and textured salad. Spoon, stack, and pack a cookie cutter ring or glass/jar with individual layers of flavorful nutrient-rich grain bowl ingredients. Garnish with greens, tomato-basil garnish, and drizzle with extra virgin olive oil.

INGREDIENTS

Roasted Tomatoes:

Split one pint of cherry tomatoes;
3/4-pint cherry tomatoes, halved,
roasted, and reserve 1/4 pint, small
dice for garnish
Splash of extra virgin olive oil

Avocado Puree Layer:

2 ripe avocados
1 Thai Chili, chopped
2 tbsp/30 ml lime juice
1 tbsp/15 ml olive oil
Salt and pepper, to taste

Couscous Salad:

1 1/4 cup/300 ml vegetable broth
2 tsp/10 ml extra virgin olive oil
1 cup/250 ml Instant Couscous
Pinch of salt
8 oz/250 g fresh baby spinach
2 green onions, finely chopped

Garnish:

1/4 pint reserved cherry tomatoes,
chopped
1/2 tbsp/7 ml fresh basil, chopped
2 tsp/10 ml Lemon juice
1-2 tbsp/15-30 ml olive oil
Salt and pepper, to taste
Handful baby mesclun greens

METHOD

Roast tomatoes

Preheat oven to 350°F/176°C. Half cherry tomatoes, toss in olive oil and place cut-side down on sheet pan. Roast until tomatoes start to blister. Remove from the oven and cool. Chop and set aside.

Make Avocado puree

In a small bowl, combine avocado, Thai chili and lime juice. Using the back of a fork, smash avocado into a chunky puree. Season to taste with salt and pepper. Refrigerate until ready to plate.

Make Couscous

Bring vegetable broth, salt and extra virgin olive oil to a boil. Add couscous and cover. Remove from heat and let sit with lid on for 5-10 minutes. Remove lid and add fresh spinach mix to combine and cover with lid to allow heat to wilt the spinach.

In a large bowl combine cooked couscous/wilted spinach, the roasted chopped tomatoes, and chopped green onions. Add enough roasted tomato dressing to bind the mixture.

Tomato-basil garnish

In a small bowl add the chopped cherry tomatoes, basil, lemon juice and enough oil to combine mixture. Season with salt and pepper, to taste.

Assemble verrines

Fill a 4" wide x 2" high ring or glass/jar of similar size 3/4 full of tomato-couscous salad and top with avocado puree. Remove the ring or serve in the glass/jar and top with tomato garnish, baby mesclun greens and drizzle with extra virgin olive oil.