



**MORGENSTER**

FOUNDED 1711



WINE AND OLIVE ESTATE

***COUSCOUS AND VEGETABLE MEAL WITH  
LOW FAT GOATS CHEESE***

*RECIPE 40/98*

**What you will need:**

8-10 Denny Mushrooms

**Morgenster Extra Virgin Olive Oil**

1 Sachet of Couscous

2-3 Cloves of Garlic

2 x Fresh Rosemary Herbs

16 Cherry Tomatoes

1 x Fresh Lemon Grass Herb

Spices: Basil, Salt & Pepper

**Morgenster Balsamic Vinegar**

Fresh Parsley & Fresh Dill

Fairview Low Fat Goats Cheese

Pumpkin Seeds

Red & Green Cabbage



**MORGENSTER**  
EXTRA VIRGIN OLIVE OIL  
AWARDED 98%

**How to prepare:**

Cook your sachet of Couscous in boiling water for 2-3 minutes and stir in some salt of your choice. Once Couscous is complete, cut the sachet open and mix with either butter or **Morgenster Extra Virgin Olive Oil**.

Slice up all cabbage in very thin strips and chop up all the spices mentioned, but keep them separated.

Place all the cabbage in frying pan with dill and lemongrass. Fry over very high heat for only 2 minutes and add **Morgenster Balsamic Vinegar**, then remove.

In a clean pan, fry your cherry tomatoes with cut up garlic shavings and rosemary leaves.

In a different pan, fry the Denny mushrooms as is, do not cut them in pieces, with oil and some Basil spice.

Garnish your dinner or lunch plate with a few slices of the Low Fat Goats Cheese and place some pumpkin seeds on top. In the end dish up all the vegetables and couscous together and enjoy a healthy meal.

Recipe supplied by *Wendy Scott*.

Suggestions for wine to pair with this meal: **Morgenster Bordeaux White 2013**