

Couscous Cakes

Summary

Yield Servings

Source wailana

Prep time

Cooking time 30 minutes

Total time 30 minutes

Description

This dish is topped with mango, which gives it a fresh, cooling effect. To have fresh mangoes all year around, peel and seed them when they're in season and freeze. Simply steam lightly to thaw when needed. Use fresh mangoes for this recipe when in season. Mangoes are rich in beta-carotene and vitamin C.

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http://www.wailana.com/WaiLanaRecipe/couscous-cakes_library.jpg

Ingredients

1 1/2 c

Water

1/2 c

Plain couscous

1/2 Tbsp

Bragg liquid aminos

2 tspn

Olive oil + 2 Tbsp. for pan-frying

2 Tbsp

Green onion, minced

1/4 c

Carrot, finely grated

1/2 c

each celery and cucumber, minced

2 Tbsp

fresh cilantro, mint, and basil, minced

1 1/2 Tbsp

Eggless mayonnaise

1 Tbsp

Bragg liquid aminos

1 Tbsp

Lemon juice

1 1/4 tspn
Black pepper
1 Tbsp
Granulated fructose
2 Tbsp
Egg replacer powder
1 1/4 c
Water
3 c
fresh bread crumbs
1 1/8 c
orange juice
2 1/2 Tbsp
fresh ginger juice*
3 Tbsp
Bragg liquid aminos
1/2 Tbsp
toasted sesame oil
1 Tbsp
rice vinegar
1 1/2 Tbsp
granulated fructose, add to taste
2 Tbsp
Cornstarch mixed with 2 Tbsp. water
1 c
Fresh mango, finely chopped
2 Tbsp
Red onion, minced
1 Tbsp
Fresh mint, minced
1 Tbsp
Fresh cilantro, minced
1 Tbsp
Lemon juice
1/2 tspn
Fresh ginger, peeled and finely grated
1 tspn
Granulated fructose
1/8 tspn
Salt
1/8 tspn
Black pepper
1/3 c
almonds, sliced and toasted, Fresh Mint

Instructions

1. Bring the water to a boil in a small saucepan. Add the couscous, 1/2 Tbsp. aminos, and 1 tsp. of the olive oil. Bring to a boil again, then remove from the heat and let sit covered for 20 minutes until the water is completely absorbed.
2. Heat 1 tsp. of the olive oil in a nonstick skillet and sauté the green onion, carrot, celery, and cucumber for a minute. Transfer to a large bowl along with the cooked couscous and the next 6 ingredients. Mix

well.

3. In a small bowl whisk the egg replacer and water until frothy. Make fresh bread crumbs using a coffee grinder or food processor. Add 3/4 cup of the bread crumbs to the couscous mixture and mix well.
4. Roll the couscous mixture into 6 balls. Brush each ball with egg replacer batter, then roll in the bread crumbs. Flatten and shape into patties about 1/4 inch thick. Pan-fry 3 patties at a time in a nonstick skillet on medium heat until golden brown on both sides, using 1/2 Tbsp. oil for each side. Repeat for the rest.
5. In a small saucepan bring the first 6 sauce ingredients to a boil. Stir in the cornstarch mixture and whisk until the sauce thickens. Set aside. Gently mix all the salsa ingredients together and set aside.
6. To assemble each serving, spoon about 3 Tbsp. citrus sauce on a plate. Place a patty on the sauce. Spoon 2 Tbsp. mango salsa on top. Just before serving sprinkle with toasted almonds and garnish with fresh mint leaves.

Notes

*To make fresh ginger juice, simply grate some fresh ginger, then manually squeeze the pulp.

Nutritional Information Per Serving:

Calories: 321, Fat 12.7g (114 cal), Carbohydrate 44.8g (179 cal), Protein 6.9g (28 cal)

Added information: Saturated Fat 1.3g, Cholesterol 1mg, Sodium 648mg, Dietary Fiber 3.4g

Source URL: <http://www.wailana.com/lifestyle/recipe/couscous-cakes>