Courgette, Raisin and Almond Couscous

2 couscous bowls, each with half the courgette, raisins and 10 g/1/3 oz almonds | Active 17 min | Cook 9 min | Total 30 min

Ingredients

• 126 g plain fine instant couscous (about 3/4 US cup for the specified product), with label directions using about 240 ml/1 US cup water for that amount and a 5-minute covered off-heat stand
• 180 g (6 1/3 oz) prepared courgette/zucchini, cut into 1 cm/3/8 in cubes
• 10 ml olive oil (2 tsp)
• 30 ml water (2 tbsp), for the courgette
• Additional water as needed to bring the collected courgette cooking water to 240 ml/about 1 US cup total aqueous liquid, not 240 ml extra; the measured olive oil is added separately
• Up to 30 ml water (2 tbsp), only if grains remain dry after the matching full label stand; this is separate from the measured 240 ml initial grain liquid
• 20 g ready-to-eat raisins (about 2 tbsp)
• 20 g (0.7 oz) ready-to-eat sliced almonds, not toasted in this recipe
• 15 ml lemon juice (1 tbsp), seeds removed
• 3 g washed fresh mint leaves (about 1 tbsp finely chopped)
• 1 g fine salt (about 1/6 tsp)

Set out

1000 W microwave with turntable, Kitchen scale and measuring jug, Knife and board, Spoon, Oven mitts, Two serving bowls, Microwave-safe bowl, at least 2 L/about 2 1/8 US qt measured capacity, about 20 cm/8 in inside diameter and 9 cm/3 1/2 in deep, Microwave-safe vented cover, Sieve set securely over a measuring jug, Fork, Small plate for cooked courgette, Citrus juicer, Food thermometer for leftover reheating checks

Allergens

Wheat, Almonds. Check labels and substitutions.

Make it

1. Put the courgette and 30 ml water in the 2 L bowl. Cover with a vent and microwave at 1000 W full power for 3 minutes, stir, then heat 1-2 minutes more until the pieces yield readily but remain recognizable. Keep the measured 10 ml olive oil aside for the grain stage.
2. Set the sieve securely over the measuring jug. Carefully tip the cooked courgette into it, collecting all the cooking water. Set the drained vegetable on its plate. Add enough water to the collected cooking water to make 240 ml total aqueous liquid. Return that measured liquid and the salt to the emptied cooking bowl. The reserved olive oil is not included in the 240 ml measure.
3. Cover with a vent and microwave at full power for 3-4 minutes, stirring after 2 minutes, until the liquid is visibly boiling. Stir in all 126 g couscous and the measured 10 ml olive oil, cover with the vent open and leave off the heat for the full 5-minute label stand. Do not use a grain product with a different liquid requirement or one that needs simmering. Fluff thoroughly with the fork; all grains should be soft, with no dry center.
4. Fold in the cooked courgette, raisins, lemon juice, chopped mint and all 20 g almonds. Divide every component equally between two bowls and serve warm. If the grain remains dry despite the matching label

Courgette, Raisin and Almond Couscous

process, add 15 ml/1 tbsp water, cover and stand 2 minutes more; repeat once if needed, up to 30 ml extra water in total, and extend the total.

A labeled grain ratio

Check the couscous package before starting. Manufacturer examples can use different measures for different serving sizes; this formula fixes one compatible weighed batch.

The garnish is already counted

All 20 g almonds and 3 g chopped mint are part of the batch. No separate mint sprig, extra oil or nut topping is needed.

Ingredient labels

Couscous is wheat pasta and contains gluten. Check dried-fruit labels for sulfites and any other listed allergens. The pumpkin-seed version changes the ingredients but does not guarantee freedom from cross-contact.

A useful detail

The 30-minute plan allows 9 minutes of preparation, up to 9 minutes of sequential heating, a 5-minute grain stand and 7 minutes for draining, measuring and folding. The 1000 W microwave is the baseline. The specified couscous ratio is product-specific: 126 g dry grain, 240 ml total aqueous liquid and a separate 10 ml olive oil are linked, not independent substitutions. A longer label stand or corrective water step extends the total.

Another way

Replace 20 g/about 2 tbsp raisins with 20 g/about 2 tbsp finely chopped ready-to-eat dried cranberries, folded in at the same point. Check for sulfites or added ingredients.

Replace 20 g sliced almonds with 20 g/about 2 tbsp ready-to-eat pumpkin seeds. This is a version without almonds; label and cross-contact checks still apply.

Keep it well

Refrigerate shallow portions within 2 hours, or within 1 hour above 90°F/32°C, at 40°F/4°C or below. Use within 2 days for courgette and almond texture. Reheat only the portion needed under a vented cover with 15 ml/1 tbsp water, stirring in short bursts; stand 2 minutes and verify 165°F/74°C throughout. For a cold meal, chill fully before transport rather than assuming the warm-ready 30-minute clock includes refrigeration.