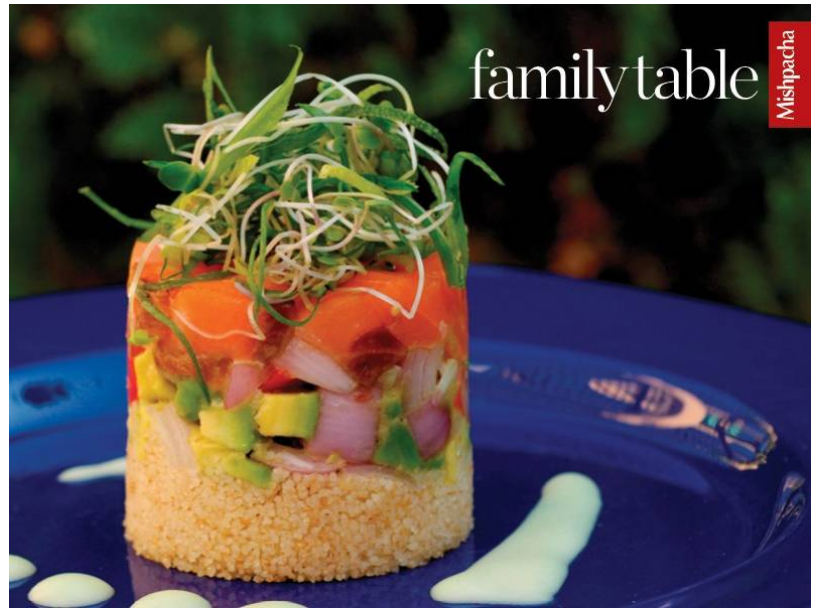


Lox, Vegetable, and Couscous Tower

Recipe By Amir Kalfon, Ahuzat

Yaarot Hacarmeel Chef



Cooking and Prep:  20
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Serves:  4

Contains:  

Preference: Parve

An elegant way to serve this most basic of foods.

Difficulty: Medium

Occasion: Shabbat

Diet: Pescetarian

Source: Family Table by

Mishpacha Magazine

Ingredients (12)

Garnish

- bean sprouts
- 1 scallion, sliced into rings
- fresh parsley

Main ingredients

- 12 ounces (350 grams) whole grain couscous, prepared according to package directions

- 1 teaspoon + 1 tablespoon lemon juice
 - 3 tablespoons **Bartenura Olive Oil**, divided
 - salt, to taste
 - pepper, to taste
 - 2 ripe avocados, peeled and diced
 - 1 red pepper, diced
 - 1 red onion, diced
 - 3 and 1/2 ounces (100 grams) lox, diced
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Start Cooking

Prepare the Couscous and Relish

1. Season prepared couscous with one teaspoon lemon juice, one tablespoon olive oil, salt, and pepper, and set aside.
2. In a separate bowl, combine avocado, red pepper, and onion together with one tablespoon lemon juice, remaining two tablespoons olive oil, and salt and pepper.

Make the Towers

1. To create a tower, divide couscous, vegetables, and lox into four equal portions. Place a ring two and a half inches (six centimeters) in diameter and two and a half inches (six centimeters) tall ring on a plate.
2. Press couscous into bottom of ring. Arrange a layer of vegetables on top, followed by lox.
3. Release ring and garnish with scallions, parsley, and sprouts.