

## ***Idiot's Kitchen Recipe – Couscous with Peas & Mint***

Recipe from [www.idiotskitchen.com](http://www.idiotskitchen.com) – Adapted from the Barefoot Contessa



Ingredients:

$\frac{1}{2}$  medium onion, chopped (about  $\frac{1}{2}$  cup)  
1 Tablespoon olive oil  
1 cup pearled or Israeli couscous  
3 cups chicken (or vegetable) broth  
 $1\frac{1}{2}$  cups frozen peas, thawed  
 $\frac{1}{2}$  cup fresh mint leaves, chopped  
1/3 cup pine nuts, lightly toasted  
Salt & Pepper

While you prepare the other ingredients, set  $1\frac{1}{2}$  cups (12 ounces) of frozen peas out to thaw.

In a medium pot, sauté  $\frac{1}{2}$  of a chopped medium sized onion (about  $\frac{1}{2}$  cup) in 1 Tablespoon olive oil over medium high heat. Cook the onion about 5 minutes until tender but not browned. Add 1 cup of pearled or Israeli couscous and stir to coat all the grains with the oil. Add 3 cups of chicken (or vegetable broth), bring the pot to a boil, reduce the heat to low, and simmer uncovered 10-12 minutes until almost all of the broth has been absorbed.

While the couscous is cooking, lightly toast 1/3 cup pine nuts in a dry pan over medium heat. Keep an eye on the nuts so they do not burn. Lightly toasting should only take 3-5 minutes.

Remove the leaves from several stems of fresh mint and chop to make  $\frac{1}{2}$  cup.

When the couscous has absorbed most of the water, taste a grain or two to ensure it is tender. (Note: if you have excess liquid but the couscous seems done, just drain off the liquid as you would pasta.) Stir in  $1\frac{1}{2}$  cups of peas that have been thawed. Remove the pan from the heat and add the chopped mint and the pine nuts. Season to taste with salt & pepper.

Great served hot or cold. Especially good served with Shrimp with Fennel & Garlic from Idiot's Kitchen.

Serves 4