

Idiot's Kitchen Recipe – Couscous with Peas & Mint

Recipe from www.idiotskitchen.com – Adapted from the Barefoot Contessa



Ingredients:

½ medium onion, chopped (about ½ cup)
1 Tablespoon olive oil
1 cup pearly or Israeli couscous
3 cups chicken (or vegetable) broth
1 ½ cups frozen peas, thawed
½ cup fresh mint leaves, chopped
1/3 cup pine nuts, lightly toasted
Salt & Pepper

While you prepare the other ingredients, set 1½ cups (12 ounces) of frozen peas out to thaw.

In a medium pot, sauté ½ of a chopped medium sized onion (about ½ 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 pearly 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 ½ 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 ½ 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