

HOMESPUN

Chef Services

Israeli Couscous Salad

by Chef Jason Jimenez



Serves 4-6

INGREDIENTS

- 2 T Olive Oil
- 2 Cups Israeli Couscous
- 2 Shallots, *minced*
- 2 1/4 Cups Stock or Water
- 1 Cup Cucumbers, *Diced*
- 1 Cup English Peas, *Blanched*
- 2 T Dill, *chopped*
- 2 T Parsley, *chopped*
- 1 Lemon, *zested & juiced*
- 1/4 cup Parmesan, *grated* (reserve a little for garnish)
- Crushed Black Peppers
- Kosher Salt
- Garnish with EVOO or Basil Oil

PROCEDURE

- In a medium pot, begin to heat 1 tablespoon olive oil over medium heat. Add the dry Israeli couscous and toast for 6-8 minutes. Add shallots and saute for 1-2 minutes.
- Add water/stock and bring to a boil. Then reduce heat to a simmer and cook for 10 minutes, covered with a fitted lid.
- Once couscous is cooked, place on a large plate or 9x13 dish. Squeeze one lemon over couscous and chill for 20-30 minutes in the refrigerator.
- To blanch English peas, fill a medium pot with 4 cups of water and 1/4 cups of kosher salt and bring to a boil. Set Up an ice bath in a medium bowl next to the stovetop.
- Once water is at a rolling boil add peas and blanch for 1 minute, then strain and place into an ice bath. Once peas are cool, strain and set aside.
- In a large bowl, add cucumbers, parmesan, English peas, dill, parsley, 1 T olive oil, lemon zest, and chilled couscous. Season with salt and cracked black pepper.
- Transfer to a platter and garnish with Parmesan, EVOO, and or Basil Oil.

CHEF NOTES

- This is a great dish to add to your weekly meal prep list. It holds for 3 days, and great for lunch or a side at dinner.