

Salt and Serenity

Israeli Couscous with Pomegranate and Pistachio

Serves 4-6

2 cups Israeli couscous
1 tablespoon olive oil
2 ½ cups water, vegetable or chicken stock
½ teaspoon kosher salt
1 medium pomegranate, seeded
1 cup mint leaves, coarsely chopped
1 cup Italian parsley leaves, coarsely chopped
¼ cup extra virgin olive oil
2 Tablespoons lemon juice
kosher salt and freshly ground black pepper to taste
½ cup shelled pistachios, toasted and coarsely chopped

1. Heat couscous and oil in medium saucepan over medium heat, stirring frequently, until about half of grains are golden brown, 5 to 6 minutes.
2. Add water or stock and salt; stir to combine. Increase heat to high and bring to boil. Reduce heat to medium-low, cover, and simmer, stirring occasionally, until liquid is absorbed, 9 to 12 minutes. Remove saucepan from heat and let stand, covered, for 3 minutes. Spread couscous out on a rimmed baking sheet to cool for about 30 minutes.
3. In a large mixing bowl, combine cooled couscous, pomegranate seeds, mint, parsley, olive oil and lemon juice. Taste and season with salt and pepper. Transfer to serving bowl or platter. Scatter toasted pistachios over the top before serving.