

COUSCOUS WITH PAN-SEARED VEGETABLES

Prepared by: Dave Eckert, June 2018

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Makes about 3 cups

ingredients

FOR THE COUSCOUS.....

1¼ cups water

1 cup couscous

3 tablespoons olive oil

1 tablespoon white balsamic vinegar

2 teaspoons light brown sugar

1 tablespoon [Chef Paul Prudhomme's Hot & Sweet Pizza & Pasta Magic®](#)

4 teaspoons [Chef Paul Prudhomme's Vegetable Magic®](#)

1 reaspoon [Chef Paul Prudhomme's Seasoning Salt®](#)

FOR THE PAN-SEARED VEGETABLES.....

½ cup grape tomatoes, cut in half

½ cup golden raisins

½ cup small broccoli florets

¼ cup pine nuts

¼ cup almonds, roasted & sliced

¼ cup green onions, thinly sliced

¼ cup red cabbage, shredded

¼ cup carrots, shredded

how to prepare

For the couscous: Mix all the ingredients except the couscous in a saucepan and stir well until combined. Bring to a boil over high heat and stir in the couscous. Remove the pan from the heat, cover and let sit until couscous is cooked, about 5 minutes. Fluff the couscous with a fork and cool to room temperature.

For the pan-seared vegetables: Spray a nonstick skillet lightly with vegetable spray. Heat the skillet over very high heat until the oil just begins to smoke. Sauté the vegetables until browned in spots, stirring frequently. (*Note: this step is essential to the final flavor*). Remove from heat and cool to room temperature.

Mix the cooled vegetables with 2 cups of the prepared couscous.

