

Pearl Couscous Salad

Jacob · 30/09/2024

**Prep Time**

8 hrs

Difficult

Medium

Servings

9 hrs

Description

Pearl couscous is great to use in a hearty salad like this one which is a take on a pricey deli grain salad that my family loves. It is much more affordable to make it at home so we can enjoy it more often.

Ingredients

- 5 tablespoons olive oil - 2 cups pearl (Israeli) couscous - 2 ½ cups water - ½ cup French lentils - 2 Roma (plum) tomatoes
- diced - 1 small cucumber
- seeded and diced - 1 red bell pepper
- diced - ½ cup dried cranberries - ½ cup golden raisins or sultanas - ⅓ cup diced red onion - ¼ cup thinly sliced fresh chives (Optional) - 1 green onion
- thinly sliced - 2 tablespoons chopped flat-leaf parsley
- or more to taste - 1 teaspoon ground sumac (Optional) - ¼ cup olive oil - 2 lemons
- juiced - 2 tablespoons honey
- or more to taste - salt and ground black pepper to taste

Instructions

1. To make couscous: Heat 1 tablespoon olive oil in a skillet over medium heat. Cook and stir couscous in hot oil until toasted and fragrant
2. 3 to 4 minutes. Pour in water and bring to a boil; cover
3. reduce heat to medium-low
4. and simmer until couscous is tender
5. about 10 minutes. Drain and rinse couscous under cold water in a colander
6. then transfer to a large serving bowl. Stir in remaining 4 tablespoons olive oil until well coated. Place lentils in a small pan and cover with water; bring to a boil. Reduce heat to medium-low and simmer until lentils are tender
7. 15 to 20 minutes. Drain and rinse lentils under cold water in a colander; add to couscous. To make the salad: Add tomatoes
8. cucumber
9. red bell pepper
10. cranberries
11. raisins
12. red onion
13. chives
14. green onion
15. parsley
16. and sumac to couscous-lentil mixture. To make the dressing: Whisk olive oil
17. lemon juice
18. honey
19. salt
20. and pepper in a small bowl until well combined. Pour dressing over salad; stir until coated. Let chill in the refrigerator until flavors blend
21. 8 hours to overnight. Cook's Note You can adjust the sweetness of the dressing to your liking. I prefer it a bit tart
22. while my kids like it a bit sweeter. You can store the salad in the refrigerator
23. covered
24. for up to a week.