

Israeli Couscous Salad

Jacob · 30/09/2024



Prep Time

45 mins

Difficult

Medium

Servings

1 hr 25 mins

Description

This fresh light Israeli couscous salad with tomatoes cucumbers olives spinach and herbs is drizzled with a tangy citrus dressing Serve by itself or alongside your favorite protein

Ingredients

- - 1 teaspoon extra-virgin olive oil - 1 medium shallot
- diced - 2 cloves garlic
- minced - 1 cup Israeli couscous
- uncooked - 1 ¼ cups chicken stock - 2 medium Persian cucumbers
- sliced - 1 cup chopped fresh spinach - 1 cup grape tomatoes
- halved - 1 cup quartered black olives - ¼ cup sliced scallions - ¼ cup chopped fresh Italian parsley - ¼ cup julienned fresh mint leaves - ¼ cup julienned fresh basil leaves - 1 medium lemon
- zested and juiced - 3 tablespoons extra-virgin olive oil - ½ tablespoon Dijon mustard - salt and ground black pepper to taste

Instructions

1. Start the salad: Heat oil in a saucepan over medium heat. Add shallot and garlic; cook until soft and fragrant
2. 2 to 3 minutes. Add couscous and sauté until slightly toasted
3. 2 to 3 minutes. Pour in chicken stock
4. increase the heat to high
5. and bring to a boil. Reduce the heat to low
6. cover
7. and cook until couscous is tender and all liquid has been absorbed
8. about 15 minutes. Remove from the heat and allow to cool for about 45 minutes. While the couscous is cooling
9. make the dressing: Whisk lemon zest and juice
10. oil
11. Dijon
12. salt
13. and pepper together in a small bowl. Finish the salad: Transfer cooled couscous to a serving bowl. Add cucumbers
14. spinach
15. tomatoes
16. olives
17. scallions
18. parsley
19. mint
20. and basil. Pour dressing over top and mix until all ingredients are coated.