



Israeli Couscous with Lemon, Mint, Peas, Feta, and Pickled Shallots

From *America's Test Kitchen* Season 16: Spanish Chicken and Israeli Couscous

WHY THIS RECIPE WORKS:

To make pasta salad using Israeli couscous, we first toast the spheres in oil to bring out their nuttiness. We then cook the couscous in a measured amount of water that is soaked up during cooking. This absorption method produces more evenly cooked results than boiling the couscous. To turn the couscous into a salad, we dress it with a bold vinaigrette of equal parts acid and oil. Finally, we mix in plenty of fresh vegetables, cheese, nuts, and herbs.

Serves 6

For efficiency, let the shallots pickle while you prepare the remaining ingredients.

INGREDIENTS

- 1/3** cup red wine vinegar
- 2** tablespoons sugar
- Salt and pepper
- 2** shallots, sliced thin
- 3** tablespoons extra-virgin olive oil
- 3** tablespoons lemon juice
- 1** teaspoon Dijon mustard
- 1/8** teaspoon red pepper flakes
- 1** recipe Simple Israeli Couscous (see related content), cooled
- 4** ounces (4 cups) baby arugula, roughly chopped
- 1** cup fresh mint leaves, torn
- 1/2** cup frozen peas, thawed
- 1/2** cup shelled pistachios, toasted and chopped
- 3** ounces feta cheese, crumbled (3/4 cup)

INSTRUCTIONS

- 1.** Bring vinegar, sugar, and pinch salt to simmer in small saucepan over medium-high heat, stirring occasionally, until sugar dissolves. Remove pan from heat, add shallots, and stir to combine. Cover and let cool completely, about 30 minutes. Drain and discard liquid.
- 2.** Whisk oil, lemon juice, mustard, pepper flakes, and 1/8 teaspoon salt together in large bowl. Add cooled couscous, arugula, mint, peas, 6 tablespoons pistachios, 1/2 cup feta, and shallots and toss to combine. Season with salt and pepper to taste and transfer to serving bowl. Let stand for 5 minutes. Sprinkle with remaining 1/4 cup feta and remaining 2 tablespoons pistachios and serve.

