

Pistachio Herb Couscous

Ingredients

- 180 g dry couscous
- 240 ml boiling water (or light chicken stock)
- 1 T olive oil
- ½ tsp salt
- 40 g pistachios, lightly toasted and chopped
- 2 T chopped parsley
- 1 T chopped mint (optional)
- Zest of ½ lemon
- 1 T lemon juice



Instructions

1. Place **couscous** in heatproof bowl; add **salt**.
2. Pour **boiling water** over; cover tightly and **rest 5 minutes**.
3. Fluff with fork; stir in **olive oil**.
4. Fold in **pistachios, herbs, zest and lemon juice**.
5. Adjust seasoning and serve warm or room temperature.

Nutrition

Per Serving

Kcal: 290 | Protein: 8 g | Fat: 11 g | Sat. Fat: 1 g | Carbs: 43 g | Sugars: 2 g |
Fiber: 3 g | Sodium: 200 mg | Omega-3: 0.1 g

Total Dish

Kcal: 1,150 | Protein: 30 g | Fat: 42 g | Sat. Fat: 5 g | Carbs: 170 g | Sugars: 8 g |
Fiber: 12 g | Sodium: 800 mg | Omega-3: 0.3 g