

Pan Roasted Vegetable Couscous

2 cups hard vegetables – cut to 1/4 inch squares (brunoise)
2 cup soft vegetables - cut to 1/4 inch squares (brunoise)
4 cups vegetable or chicken broth
2 cups couscous
3 T olive oil
Salt & Pepper to taste
6 saffron threads
¼ cup fresh chopped herbs or zests

Place olive oil in a large Dutch oven with a lid and add hard vegetables. Season with salt and pepper. Pan roast until almost tender. Add broth and saffron and bring to a boil. Add remaining vegetables and stir. Cook 2 minutes and add the couscous and stir. Cover with lid and remove from heat. Let stand COVERED for 5 minutes. Add fresh chopped herbs and fluff with fork to mix vegetables. Serve immediately.

Hard Vegetables: Carrots, celery, onion, beets, peppers, sweet potatoes, kohlrabi, radishes, broccoli stems, cauliflower, green beans, chopped kale, garlic

Soft Vegetables: Yellow squash, Zucchini, green onions, tomatoes, broccoli florets, asparagus, chopped spinach

Herbs: Italian Parsley, thyme, chives, cilantro, basil, mint, lemon or orange zest

Note: Make parsley the main herb – with just a tablespoon of the others total.