RECIPE

Cherry tomato and chickpea couscous salad

A make-ahead lunch of toasted couscous, chickpeas, cherry tomatoes and herbs with cumin, currants and almonds, with no cheese in it.

MAKES

4 servings US Metric

TOTAL

35 min

Ingredients

- [ ] 1 cup dry couscous
- [ ] 1 tsp olive oil, for toasting the couscous
- [ ] 1 ¼ cups boiling water
- [ ] 1 can (15 oz) no-salt-added chickpeas, drained and rinsed (about 1½ cups)
- [ ] 2 cups cherry tomatoes, halved
- [ ] 1 medium red bell pepper, diced
- [ ] 1 medium carrot, shredded
- [ ] 4 scallions, sliced
- [ ] ½ cup chopped fresh parsley
- [ ] 2 tbsp chopped fresh mint
- [ ] ¼ cup dried currants
- [ ] ¼ cup sliced raw almonds
- [ ] 2 tbsp olive oil
- [ ] 3 tbsp lemon juice (about 1½ lemons)

Method

1. Set a medium saucepan over medium heat with the 1 tsp oil. Stir in the dry couscous and toast it for 2 to 3 minutes, until it smells nutty and a few grains turn tan. Take it off the heat.
2. Pour in the boiling water, stir once, cover and leave it for 5 minutes. Fluff with a fork, then spread it on a baking sheet for 10 minutes so it cools and does not clump.
3. While it cools, toast the sliced almonds in a dry skillet over medium heat for 2 to 3 minutes, shaking the pan, until golden. Tip them out right away so they do not scorch.
4. Whisk the 2 tbsp oil, lemon juice, cumin, cinnamon, garlic powder, pepper and salt in a large bowl.

- [ ] 1 tsp ground cumin
- [ ] ¼ tsp ground cinnamon
- [ ] ½ tsp garlic powder
- [ ] ½ tsp black pepper
- [ ] ¼ tsp salt

5. Add the cooled couscous and toss until every grain is coated. Add the chickpeas, tomatoes, red pepper, carrot, scallions, currants, parsley and mint, and toss again.

6. Let it sit 15 minutes so the currants soften and the dressing soaks in. Scatter the almonds on top just before serving, so they stay crisp.

7. Serve at room temperature. Refrigerate leftovers within 2 hours, in a covered container, and keep the almonds apart if you can. It keeps 3 days (our kitchen practice; we hold no published source for it yet).