



# Pearl Couscous Skillet with Tomatoes & Chickpeas

Makes: 2-3 servings

Prep Time: 10 minutes Cook Time: 20 minutes

Total Time: 30 minutes

## Ingredients

### Couscous Skillet:

- 2 tbsp olive oil
- 1 shallot, thinly sliced
- 1/2 tsp cumin
- one 14-ounce can chickpeas (drained and rinsed)
- one 14-ounce can diced tomatoes (I like fire-roasted)
- 3/4 cups water or vegetable broth
- 1 tsp salt
- 1/2 cup pearl couscous
- 1/4 cup fresh chives, chopped
- 3-4 tbsp of mint leaves, chopped (optional, for topping)
- 1/2 cup crumbled feta cheese (optional, for topping)

### Massaged Kale Salad (for serving, if you want):

- 4-5 stalks kale, stems removed, torn into small bite-sized pieces (can be curly kale or lacinato kale, I use both)
- 3 tbsp olive oil
- 1 tbsp red wine vinegar
- 1 tbsp maple syrup
- salt and pepper to taste

## Instructions

Add the olive oil to a skillet over medium heat. Add shallots and cumin; sauté until softened, about 5 minutes. Add the chickpeas and mash gently a few times – this is optional but just creates a more interesting texture and helps it get a little bit creamy.

Add the diced canned tomatoes; bring to a simmer.

Add the broth, salt, and couscous; bring to a simmer, then cover and keep on low heat for 6-8 minutes or until the couscous is soft and has absorbed most of the liquid. It should be nice and soft and still chewy, like an al dente pasta.

Finish by stirring in chives. Massage the kale with the dressing ingredients in a small bowl for a minute or two, just until tender.

Serve couscous with a little side of the massaged kale. Top individual servings with mint leaves and feta.

### Chef's Note:

The longer this rests, the more it will absorb liquid. I would recommend serving immediately, or just adding a bit more water when reheating to keep your leftovers creamy.

*Recipe by Pinch of Yum*