Vegetable Peanut Couscous

Four vegetable peanut couscous bowls · Active 25 min · Total 45 min

Skills: Separately hydrating fine couscous, fully cooking frozen vegetables and folding a smooth peanut dressing

Ingredients

• 1 heaped cup dry quick fine couscous (200 g), not pearl couscous

• 1 cup water for couscous (240 ml), or its packet-specified amount

• 1 lb plain frozen mixed vegetables (450 g)

• Water for vegetables according to package

• 1 can cooked chickpeas, 15 oz/425 g net, drained and rinsed (240 g drained)

• 1/4 cup smooth peanut butter (60 g)

• 1/2 cup water for dressing (120 ml)

• 1 tablespoon reduced-sodium soy sauce (15 ml)

• 1 tablespoon cider vinegar (15 ml)

Set out

Saucepan with lid for couscous, Second saucepan and strainer for vegetables, Bowl and whisk, Large mixing bowl and fork

Allergens

wheat, peanut, soy. Check labels and substitutions.

Make it

1. Bring the separate 240 ml couscous water to a full boil in the lidded saucepan. Stir in couscous, remove from heat, cover and stand for 5 minutes or its packet time. Fluff with a fork.

2. Cook frozen vegetables fully according to their package. Drain very well. Return to the warm vegetable pan with drained chickpeas and heat gently for 3–4 minutes, stirring, until all are hot.

3. Whisk peanut butter with the separate 120 ml dressing water added gradually, then soy sauce and vinegar, until smooth.

4. Put couscous, hot vegetables and chickpeas in the large bowl. Fold through the entire dressing and divide into four portions. Serve warm and cool any saved shares promptly.

A bag can vary

Use the stated total plain mixed-vegetable weight even when the balance of peas, carrots, corn and beans differs. No particular brand is required.

Ingredient labels

Fine couscous supplies wheat, peanut butter supplies peanut, and soy sauce supplies soy and often further wheat. Read actual labels, especially mixed vegetables with added sauce.

A useful detail

Couscous standing, vegetable cooking and dressing preparation overlap. Some mixed-vegetable bags require a longer cook; follow the actual packet.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below and use within 3 days. Reheat a portion to 165°F/74°C throughout. Freeze promptly cooled portions for up to 1 month and thaw in the refrigerator. Loosen with a little water during reheating because couscous absorbs the dressing.