Pea and Egg Couscous

2 bowls · Active 10 min · Total 18 min

Skills: Easy

Ingredients

• 3/4 cup fine quick-cooking couscous (130 g)

• 3/4 cup water (180 ml), or packet-specified amount

• 1 cup frozen peas (140 g)

• 3 large eggs

• 1 tablespoon olive oil (15 ml), divided

• 1 tablespoon lemon juice (15 ml)

• 1 tablespoon chopped dill (4 g)

• 1/4 teaspoon fine salt

• 1/4 teaspoon black pepper

Set out

Small saucepan, Heatproof bowl with lid, Nonstick skillet, Fork

Allergens

Wheat, Egg. Check labels and substitutions.

Make it

1. Put couscous in the heatproof bowl. Bring water, peas and salt to a full boil in the saucepan; simmer 2 minutes. Pour over couscous, cover and leave for 5 minutes.

2. Beat eggs with pepper. Heat 1 teaspoon oil in the skillet over medium-low heat. Add eggs and stir gently into folds until set and 160°F/71°C.

3. Fluff couscous with a fork. Fold in remaining oil, lemon juice and dill.

4. Fold eggs through the couscous and serve, or spread into shallow containers to cool promptly for packing.

Use the freezer as a portion cupboard

Peas can be measured straight from frozen, so the recipe does not depend on a fresh vegetable being left at the end of a shift. Keep the bag sealed and return it to the freezer promptly.

A useful detail

Do not substitute pearl couscous without cooking it according to its packet; it needs a longer simmer.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. Reheat to 165°F/74°C. Pack chilled in an insulated bag with two cold sources and refrigerate at work when possible.