

FRiday Community Cooking Night

Moroccan Couscous Pilaf

Fri 4/23 at **4:00pm** on Facebook Live @FoodRightInc

Bring these things to the lesson:

Moroccan Couscous Pilaf

Ingredients

- 1/4 cup canola oil
- 1 medium onion, chopped
- 2 medium carrots, peeled & finely chopped
- 2 small turnips, peeled & finely chopped
- 1/2 teaspoon kosher salt
- 3 garlic cloves, minced
- *1/2 tsp ground coriander
- *1/2 tsp ground turmeric
- *1/2 tsp ground cumin
- *1 pinch cinnamon
- *1/2 tsp black pepper
- *2 pinches cayenne pepper
- 1/2 cup frozen peas
- 3 medium Roma tomatoes, cored, seeded & diced
- 1 1/2 cups stock
- 1 cup Israeli couscous
- 1/2 cup parsley, finely chopped
- 2 Tbsp lemon juice
- Salt & pepper to taste

*Substitute 1 teaspoon Knorr Morocco Meat & Vegetable Seasoning spice for the individual spices listed above.



Cooking Equipment

- Stove
- Hot mitts
- Chef knife
- Cutting board
- Medium saucepan with lid
- Spatula/ spoon for sautéing
- Measuring spoons
- Liquid measuring cup
- Dry measuring cups
- Prep bowls (optional)
- Vegetable peeler