

Cilantro Mint Pistachio Couscous

Ingredients:

- 1 cup brown rice couscous (or regular)
- 1 smallish red onion, thinly sliced
- 1 Tablespoon Arbosana Olive Oil
- 1/4 teaspoon sea salt
- 1/2 teaspoon ground cumin

Herb paste

- 1/2 cup parsley
- 1 cup cilantro
- 2 Tablespoon dill
- 2 Tablespoon mint
- 6 Tablespoon Arbosana Olive Oil
- 1 cup pistachios, toasted and roughly chopped
- 3 green onions, finely sliced
- 1 fresh green chile, finely sliced
- 1 1/2 c arugula leaves, chopped
- A generous handful of extra herbs, roughly chopped
- Juice of one lime
- Greek yogurt, optional

Preparation:

Cook the couscous according to package instructions using 1 tablespoon of Arbosana Extra Virgin Olive Oil. Brown rice couscous will take a bit more time; however, it is a great option to make this recipe gluten free. Once the couscous is cooked, set aside until it reaches room temperature.

Meanwhile, saute the red onion in olive oil on medium heat until translucent. Add the salt and cumin and mix well. Set aside to cool slightly.

To make the Herb Paste, place parsley, cilantro, dill, mint and 6 tablespoons of Arbosana Extra Virgin Olive Oil in a food processor and pulse until smooth.

Add the herb paste to the couscous and mix together well with a fork to fluff it. Add the cooked red onion, pistachios, green onions, green chiles, arugula, chopped herbs, and lime juice and gently mix.

Serves 6