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Cauliflower and Couscous Pilaf

Prep Time: 10 mins

Cook Time: 10 mins

Rest Time: 5 mins

Total Time: 25 mins

Ingredients

- 1 tablespoon oil, olive, extra virgin
- 4 cup(s) cauliflower, finely chopped florets
- 1/2 teaspoon salt
- 3/4 cup(s) broth, reduced-sodium chicken
- 1 teaspoon orange peel (zest), grated
- 1/4 cup(s) orange juice
- 1/4 cup(s) currants, dried
- 2/3 cup(s) couscous, whole-wheat
- 1/2 cup(s) scallion(s) (green onions), greens, sliced

Preparation

- a. Heat oil in a large saucepan over medium heat. Add cauliflower and salt; cook, stirring, until softened, about 3 minutes.
- b. Add broth, orange zest, juice and currants; bring to a boil over high heat. Stir in couscous and scallions.
- c. Remove from heat and let stand, covered, until the liquid is absorbed, about 5 minutes. Fluff with a fork.