

MEAL KITS

Couscous, Corn & Potato Salad

ASSEMBLY/COOKING TIME: 40 minutes or less, plus overnight soak*

Chefs Tim Ma and Ben Lin are sharing their special vegetable broth in this recipe full of texture and color. The broth can be refrigerated for up to 3 days, or frozen for up to 3 months. How can you cook soaked beans in 1 hour? *See the NOTE, below.

WHAT YOU'LL NEED: A large bowl, cutting board, a sharp knife, colander, large pot with a lid, baking sheet, salt.

WHAT KIDS CAN DO: Pick over the dried beans, and soak them. Scrub the potatoes. Husk the corn, Pour the dried couscous into the pot of broth. Juice the limes. Rinse the spinach. Mix the salad ingredients in a large bowl. Season the salad; be sure to give it a taste!

WHAT YOU CAN ADD IN: Canned/drained tuna, cooked chicken, thinly sliced cured chorizo.

TO MAKE 4 SERVINGS

2 pounds Red Bliss potatoes
Salt
2 ears fresh corn, husked
1 red onion
3 celery stalks
2 dill pickles
Juice of 4 limes
3 cups vegetable broth
2 cups (about 12 ounces) dried couscous
3 cups cooked pinto beans (from 1 cup dried; you'll need to cook these ahead! *See the NOTE, below)
¼ cup canola oil, or more as needed
2 tablespoons plus 2 teaspoons Savory Spice Blend



COOK THE POTATOES AND CORN Place the potatoes in a large pot and cover with at least 6 cups of water. Bring to a boil and add a generous pinch of salt. Cook for about 15 minutes, until almost tender, then add the ears of corn. Once the water returns to a boil, cook for 2 minutes. Drain and cool, then each potato into 4 pieces (quartered), and cut the corn kernels off their cobs, placing them in a large bowl as you work.



PREP THE OTHER VEGETABLES AND FRUIT Cut the red onion, celery, and pickles into ¼-inch dice, adding them to the large bowl of potatoes and corn. Trim and chop the scallions. Rinse, trim, and chop the spinach. Add the scallions and spinach to the bowl.



MAKE THE COUSCOUS Bring the vegetable broth to a boil in a large pot. Pour in the couscous and stir. Cover the pot and remove from the heat. Let it sit for 5 minutes, or until the broth is absorbed. Uncover and fluff with a fork.



ASSEMBLE THE SALAD Add the cooked couscous to the bowl of vegetables. Juice the 4 limes directly into the bowl. Pour in the oil and stir to coat everything. Mix in HALF the Savory Spice Blend; taste, and add more, or more oil, as needed.



Pick over the dried beans to remove any other matter. Place the beans in a bowl and cover with at least 4 inches of room-temperature water. Soak them overnight. Drain and put in a medium pot, cover with at least 2 inches of water. Bring to a boil, skimming off any foam on the surface, and cook for 30 minutes. Reduce to a simmer, add 1 tablespoon of salt and cook, uncovered, for 30 minutes more, or until tender.

MEAL KIT TIPS

DID YOU KNOW?



The rolled semolina pasta known as couscous is a staple food in North Africa. The quick-cooking kind (in this meal kit) has been pre-steamed and dried. Adding a hot liquid such as broth or vegetable juice (instead of plain hot water) to reconstitute it adds flavor!



The old-time cartoon character Popeye the Sailor Man got his strength from eating spinach. His popularity boosted consumption of the nutritious greens by 33 percent during the Great Depression in America. It contains more potassium than bananas!



There are more than 7,500 varieties of apples grown around the world! The tart green ones called Granny Smiths were first cultivated in Australia by a real grandma: Mary Ann Smith, in the 1800s. It takes 5 to 8 years for an apple tree to produce fruit.

WHAT ELSE CAN YOU MAKE WITH THE INGREDIENTS IN THIS MEAL KIT?

SPANISH SKILLET POTATOES & EGGS!

Heat $\frac{1}{4}$ cup **canola oil** in a wide, cast-iron pan or ovenproof skillet until the oil shimmers. Add 1 thinly sliced **red onion** and $\frac{1}{2}$ pounds scrubbed, thinly sliced **Red Bliss potatoes**. Cook for 8 minutes, or just until the potatoes are tender. Carefully pour off half the hot oil. Stir in 2 or 3 teaspoons of the **Savory Spice Blend**. Pour in 6 large eggs, beaten. Transfer to broil in the oven just until the eggs are set.

QUICK FRUITY BREAKFAST COUSCOUS!

Boil 3 cups of water in a medium pot. Stir in 2 cups **dried couscous**, 2 cups peeled/chopped **apples**, cover, and remove from the heat. Let sit for 5 minutes, or until the water has absorbed. Season with salt, ground cinnamon or cardamom, and honey or brown sugar, each to taste. Pour in just enough warmed milk (dairy or nondairy) to achieve an oatmeal-like consistency.

HAPPY VEG SOUP!

Heat 6 cups **vegetable broth** in a pot until it almost boils. Add 1 pound diced **Red Bliss potatoes**, kernels from 1 or 2 ears of **corn**, 1 or 2 diced **celery stalks**. Cook until the potatoes are just tender. Stir in rinsed/chopped spinach (as much as you like) and 2 cups cooked **pinto beans**. Taste, and season with 2 or 3 teaspoons **Savory Spice Blend**.