



Spiced Mint Cous Cous with Seeds and Fruit

By Chef Matthew Prata

Yield 4-6 portions; ½-⅓ cup each

Equipment List

- Saucepan
- Whisk
- 2 Mixing bowls
- Cutting board
- Knife

Recipe Ingredients

- 1 1/2 cups Sprouts vegetable broth
- 1 cup wheat couscous
- 1/2 cup fresh mint leaves, finely chopped
- 1/4 cup dried cherries
- 1/4 cup dried roasted sunflower seeds
- 1/4 cup chopped parsley

Dressing

- 1/4 cup extra-virgin olive oil
- 2 tablespoons fresh lemon juice
- 2 tablespoons honey

Instructions

1. In a saucepan, bring the vegetable broth to a boil. Once boiling, remove from heat and add the couscous. Stir well, cover the saucepan, and let it sit for 5 minutes. Fluff the couscous with a fork and set aside to cool.
2. To make the dressing, in a small bowl, whisk together the extra-virgin olive oil, fresh lemon juice, honey, and spice blend until well combined.
3. In a large mixing bowl, combine the cooked couscous, chopped mint leaves, dried cherries, dried roasted sunflower seeds, and chopped parsley.
4. Pour the dressing over the couscous mixture and toss until all the ingredients are well coated.
5. Cover the bowl and let it sit at room temperature for at least 15 minutes to allow the flavors to meld together.
6. Before serving, gently toss the couscous to ensure everything is evenly mixed. Taste and adjust the seasoning if needed.
7. Serve as a side dish or as a light and refreshing meal on its own

Meet your Farmer:

Maya's Farm is a small, organic and sustainable operation which produces high-quality specialty vegetables, herbs, flowers and eggs in Phoenix for local markets, restaurants and schools. They are dedicated to preserving and nurturing local, naturally grown farming by providing healthy food to our customers, and raising awareness on the importance of the small farm movement.

Please visit bluewatermelonproject.org for more recipes and past kits!

Share your experience on Facebook and Instagram @BlueWatermelonProject and don't forget to tag us! #chefinthegardenaz



Allergy Indicators:



Chef Matthew Prata, Culinary Director, Sprouts Farmers Market:

Chef Prata was trained at Johnson & Wales University where he earned an associate degree in culinary arts and a bachelors in culinary nutrition. Following a professional internship in Spain where he honed his craft in Michelin starred restaurants, he went on to use his training in the retail environment acting as a product developer for both Kroger and now as corporate chef for Sprouts.

Spice Blend

- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/2 teaspoon black pepper





Planting Notes

Planting Supplies:

- Garden pot or space cleared in the school garden
- Soil
- Mint transplant
- Water source



Instructions

Step 1: In a new pot, add fresh garden soil about halfway to the top. Or, dig a hole in your garden that is as deep as your new mint's container. Your goal is to keep this the same level after you've transplanted the mint into the pot or garden.

Step 2: Place your hand flat on the soil around the mint stems that are coming out of the soil, then turn your mint upside down so that the leaves are facing downward and balance the plant in your hand. Gently squeeze the sides of the plastic transplant container to loosen the roots from it, just enough to pull the container up and off the plant.

Step 3: Gently flip the mint plant right-side up, holding it carefully, so that it's facing up and gently place it in the hole you made in the pot or garden. Fill in the remaining space with soil, gently push down the soil around the space you just added and add more soil if necessary to make the new soil level even with the new mint plant's top of the soil. Then add plenty of water to get the soil wet down to the roots.

What is couscous? Couscous is made by mixing coarse semolina flour and water to form a dough. The dough is steamed before it is rolled and dried. Being steamed means its partially cooked so it cooks faster but being dried means that it lasts longer. Traditionally, the dough was rolled between the hands to make tiny balls, however, now most couscous is made in a factory where the dough is rolled in large mixers to create small balls. This preparation technique of partially boiling the dough and drying it out created a food that could be easily stored, carried, and prepared by nomadic cultures common to the northwest portion of Africa where couscous is believed to have originated. Today couscous is a popular food consumed all over the world.

What is the difference between a herb and a spice? An herb is the green, leafy part of the plant. Examples are basil, rosemary, sage, thyme, parsley, and oregano. A spice can come from the root, stem, seed, fruit, flower or bark of the tree or plant. Examples are cinnamon, ginger, black pepper, star anise, and turmeric. Some plants can be both an herb and a spice. One well known example is cilantro and coriander. Cilantro is the aromatic leaf of the plant, while coriander is the seed that comes from that same plant. Both herbs and spices are used to add flavor to meals without adding a lot of salt. This recipe uses both spices (cumin, cinnamon and pepper) and herbs (mint and parsley).

Food preservation plays a key role in allowing us to grow food today and eat it at another time in the future. Preserving foods keeps foods from going bad after they have been harvested (plants) or slaughtered (meat). Food can go bad for various reasons, including contamination by microorganisms (bacteria, yeasts, and molds for example) or infestation by insects. Dehydration is one of the oldest food preservation techniques and works to prevent spoilage by removing moisture from foods. Microorganisms like to grow in warm and wet environments so when we remove the moisture in the dehydration process, we are making it difficult for microorganisms to grow. Couscous, like other kinds of boxed pasta, is a good example of how wheat crops harvested today can be preserved for eating in the future.

This kit was made possible due to generous support from:





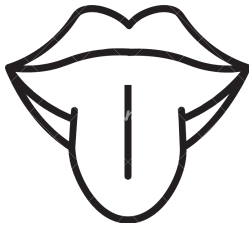
Student Feedback Sheet

Mint

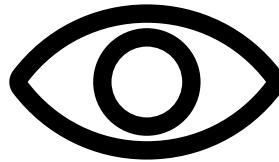
Can you Describe Basil using the five senses?



Basil Feels Like



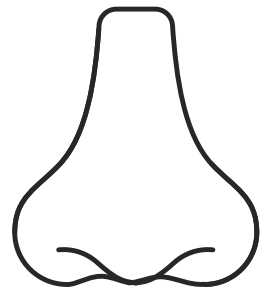
Basil Tastes Like



Basil Looks Like



Basil Sounds Like



Basil Smells Like

This lesson is made possible due to the generous support from:



Student Feedback Sheet

Mint

What feedback would you like to share with your Blue Watermelon Project team that prepared this lesson for you today?

What rating would you give this lesson?



Older Students:

Please complete the Student Feedback Form!
Scan the QR Code.



This lesson is made possible due to the generous support from:

