



## Couscous Pilaf with Saffron Cream

### Pilaf:

- 1 tbsp. extra virgin olive oil
- 1/2 tsp. coriander seeds
- 2/3 cup diced red bell pepper
- 1/4 tsp. cayenne
- 1/4 tsp. ground cinnamon
- 3 cups water or vegetable stock
- 1½ cups uncooked Couscous
- 4 tbsp. chopped fresh mint (or 2tbsp chopped fresh thyme)
- Salt and pepper to taste

### Saffron Cream:

- 1/2 cup Neufchatel cheese or cream cheese
- 1/3 cup yogurt
- Pinch saffron threads, crushed

- Pilaf: Heat oil in a saucepan over medium heat.
- Add coriander seeds and fry until toasted.
- Stir in bell pepper, cayenne, and cinnamon; sauté until barely tender, about 4 minutes.
- Pour in water or stock and bring to a boil.
- Stir in Couscous, cover and remove from heat. Let sit 10 to 15 minutes.
- Couscous is ready when grains swell and liquid is absorbed. If liquid remains, return to low heat briefly and cook until absorbed.
- Season with S&P and mint (or thyme).
- Saffron Cream: Combine Neufchatel or cream cheese, yogurt, and saffron in a blender or food processor. Blend until creamy. Serve on the side.