

Brussels Sprout & Pearl Couscous Salad

with Harissa-Marinated Frying Cheese

TIME: 40-50 minutes

SERVINGS: 2

This hearty salad highlights frying cheese—which appears in Mediterranean and Middle Eastern cuisines as halloumi, for instance, or in Indian cuisine as paneer. We're marinating it in mildly spicy harissa paste before pan-frying it, then serving it over roasted winter vegetables and toasted pearl couscous.



MATCH YOUR BLUE APRON WINE



Crisp & Minerally

Serve a bottle with this symbol for a great pairing.



Ingredients



1 cup
PEARL COUSCOUS



1 bunch
KALE



4 oz
PANEER OR
HALLOUMI
CHEESE



¾ lb
BRUSSELS
SPROUTS



1
RED ONION



1
LEMON



1 bunch
PARSLEY



2
CARROTS

KNICK KNACKS:



2 Tbsps
SLICED ROASTED
ALMONDS



1 Tbsp
HARISSA PASTE



½ cup
LABNEH CHEESE
OR SHEEP'S MILK
YOGURT



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1 Prepare the ingredients & marinate the cheese:

- ☐ Place an oven rack in the center of the oven, then preheat to 450°F.
- ☐ Wash and dry the fresh produce.
- ☐ Cut off and discard the stem ends of the **Brussels sprouts**; halve lengthwise. Peel and medium dice the **carrots**. Peel the **onion** and cut into 1/2-inch-wide wedges.
- ☐ Roughly chop the **parsley** leaves and stems.
- ☐ Remove and discard the stems of the **kale**; thinly slice the leaves.
- ☐ Quarter and deseed the **lemon**.
- ☐ Large dice the **paneer or halloumi cheese**.
- ☐ In a bowl, whisk together **half the labneh or yogurt**, the **juice of 2 lemon wedges**, and the **harissa paste**. Add the diced cheese; stir to coat. Season with salt and pepper. Set aside to marinate, stirring occasionally, for at least 10 minutes.



2 Roast the vegetables:

- ☐ While the cheese marinates, place the **halved Brussels sprouts**, **diced carrots**, and **onion wedges** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in an even layer.
- ☐ Roast 18 to 20 minutes, or until browned and tender when pierced with a fork. Remove from the oven.



3 Marinate the kale:

- ☐ While the vegetables roast, in a large bowl, combine the **remaining labneh or yogurt**, the **juice of 1 lemon wedge**, and a drizzle of olive oil; season with salt and pepper. Add the **sliced kale**; stir to coat.
- ☐ Set aside to marinate, stirring occasionally, for at least 10 minutes. Season with salt and pepper to taste.



4 Toast & cook the couscous:

- ☐ While the kale marinates, in a medium pot, heat a drizzle of olive oil on medium-high until hot. Add the **couscous**; season with salt and pepper. Toast, stirring constantly, 2 to 3 minutes, or until lightly browned and fragrant.
- ☐ Add **4 cups of water**. Heat to boiling on high, then cook, uncovered, 3 to 4 minutes, or until the couscous is tender. Drain thoroughly.

5 Cook the cheese:

- ☐ In a medium pan (nonstick, if you have one), heat a drizzle of olive oil on medium-high until hot. Reserving the marinade, add the **marinated cheese** in an even layer. Cook, without stirring, 2 to 3 minutes, or until browned. Continue to cook, stirring occasionally, 2 to 3 minutes, or until browned and slightly crispy.
- ☐ Transfer to a plate; immediately season with salt and pepper to taste.



6 Finish & serve your dish:

- ☐ To the bowl of **marinated kale**, add the **cooked couscous**, **roasted vegetables**, **reserved marinade**, the **juice of the remaining lemon wedge**, and **1 tablespoon of olive oil**. Stir to combine; season with salt and pepper to taste.
- ☐ Top the finished salad with the **cooked cheese**. Garnish with the **almonds** and **chopped parsley**. Enjoy!

