

SIDE DISH

Fruited Couscous Pilaf

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	12	\$0.98	204 kcal

You can never have too many hor d'oeuvre recipes, so give Fruited Couscous Pilaf a try. This recipe serves 12. One serving contains 221 calories, 6g of protein, and 3g of fat. For 98 cents per serving, this recipe covers 8% of your daily requirements of vitamins and minerals. 1 person were impressed...

Ingredients

☐ ¼ teaspoon freshly ground black pepper	☐ ½ cup chopped dried tart cherries
☐ 2½ cups uncooked couscous	☐ ½ cup chopped dried apricots
☐ ½ cup dried currants or raisins	☐ 1 tablespoon extravirgin olive oil
☐ ¼ cup chopped fresh cilantro	☐ 2 tablespoons chopped fresh mint
☐ ¼ cup chopped fresh parsley	☐ 1 cup chopped green onions
☐ 2 tablespoons fresh lemon juice	☐ ½ cup fresh orange juice (about 1 orange)
☐ 2 tablespoons pine nuts, toasted	☐ ½ teaspoon salt
☐ 28 ounce vegetable broth canned	☐ ¾ cup warm water, divided

EQUIPMENT Bowl, Frying pan, Sauce pan

Method

- 1

Place currants, cherries, apricots, and orange juice in a medium bowl; add 1/4 cup water.

- 2 Let stand 45 minutes, stirring twice.
- 3 Drain well; discard orange juice mixture.
- 4 Bring 1/2 cup water and broth to a boil in a large saucepan; gradually stir in fruit mixture and couscous.
- 5 Remove from heat; cover and let stand 8 minutes. Fluff with a fork; place in a large bowl.
- 6 Heat oil in a nonstick skillet over medium heat.
- 7 Add onions; saut 2 minutes.
- 8 Add onions, parsley, and next 5 ingredients (through pepper) to couscous mixture; stir until well blended.
- 9 Sprinkle with nuts.

Nutrition per serving

204 KCAL	6 g PROTEIN	3 g FAT	40 g CARBS
Saturated Fat			0.3 g · 2% of daily needs
Fibre			3 g · 12% of daily needs
Sugar			9.1 g · 10% of daily needs
Sodium			372 mg · 16% of daily needs
Cholesterol			0 mg · 0% of daily needs
Vitamin C			10.5 mg · 13% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/fruited-couscous-pilaf-148491