

SEAFOOD COUSCOUS PAELLA

Cooking: 30 minutes | Servings: 2

INGREDIENTS

4 ounces bay scallops, tough muscle removed
4 ounces small shrimp (41-50 per pound),
peeled and deveined
1 medium onion, chopped
1 clove garlic, minced
1 cup no-salt-added diced tomatoes, with juice
½ cup whole wheat couscous
¼ cup vegetable broth
2 teaspoons extra-virgin olive oil
¼ teaspoon salt
¼ teaspoon freshly ground pepper
½ teaspoon fennel seed
½ teaspoon dried thyme
Pinch of crumbled saffron threads



INSTRUCTIONS

Heat oil in a large saucepan over medium heat. Add onion; cook, stirring constantly, for 3 minutes. Add garlic, thyme, fennel seed, salt, pepper and saffron; cook for 20 seconds. Stir in tomatoes and broth. Bring to a simmer. Cover, reduce heat and simmer for 2 minutes. Increase heat to medium, stir in scallops and cook, stirring occasionally, for 2 minutes. Add shrimp and cook, stirring occasionally, for 2 minutes more. Stir in couscous. Cover, remove from heat and let stand for 5 minutes; fluff.