



# Riverland Family Farms

## 2022 CSA, Week 11



- Rainbow Chard *bunch*
- Italian Basil *bunch*
- Eggplant *2 each*
- Snacking Peppers *pint*
- Modoc Potatoes *1.5 lb*

### WHAT'S IN THE BOX?

- Romano Beans *1 lbs*
- Corn *4 each*
- White Onion *1 each*
- Carrots *bunch*



## Couscous with Sesame-Roasted Carrots + Feta

### Serves 4

- ◇ 1lb carrots, peeled and cut in half lengthwise
- ◇ 8 garlic cloves, peeled
- ◇ 3 tbsp extra virgin olive oil
- ◇ 1 tsp black sesame seeds
- ◇ 1 tsp white sesame seeds
- ◇ 1 tsp red chili flakes
- ◇ Fine sea salt
- ◇ ½ tsp ground black pepper
- ◇ 1 cup low sodium chicken stock, brown vegetable stock, or water

- ◇ 2 bay leaves
- ◇ ¾ cup couscous
- ◇ 2 tbsp chopped cilantro or flat-leaf parsley
- ◇ ¼ cup crumbled feta
- ◇ 2 tbsp chopped mint
- For the dressing:**
- ◇ ½ cup rice wine vinegar
- ◇ 2 tbsp toasted sesame oil
- ◇ 1 tbsp maple syrup or 2 tsp honey
- ◇ Fine sea salt
- ◇ 1 shallot, thinly sliced



Source: *The Flavor Equation*  
by Nik Sharma

To prepare the couscous, preheat the oven to 425F. Place the carrots in a roasting pan or baking sheet with 4 garlic cloves. Add 1 tbsp of the olive oil, black and white sesame seeds, and the red chilli flakes and rub with your fingers to coat the carrots and garlic. Season with salt and black pepper. Roast for 25 to 30 minutes, until the carrots are crispy on the outside and thoroughly cooked and tender on the inside. Watch carefully to prevent the garlic from burning; it should be just slightly roasted and charred. Remove the cloves with a pair of kitchen tongs if they are cooking too quickly.

Meanwhile, place the stock and the remaining 2 tbsp of live oil in a medium saucepan over medium-high heat. Smash the remaining 4 garlic cloves and toss them into the stock along with the bay leaves. Season with salt and bring the stock to a boil. Stir in the couscous, remove from the heat, cover with a lid, and let stand until the couscous absorbs the stock and swells up, about 5 minutes. Fluff the couscous with a fork.

To make the dressing, combine the vinegar, sesame oil, maple syrup, and chili flakes in a small bowl. Season with salt. Fold in the shallots and let sit for 15 minutes.

To serve, fold the cilantro into the couscous. Place the roasted carrots and garlic on top. Garnish with the feta and mint. Pour the dressing on top and serve warm or at room temperature.