

PRINT & CUT

by SCOUT'S HONOR Co. for

{frolic!}



kuri squash, saffron couscous stuffing

CREATED BY  CHEFS PAUL LOSCH & JOBIE BAILEY for FROLIC!

— serves 4 —

GENERAL

THIS IS A SIMPLE DISH THAT DOESN'T TAKE MUCH TIME TO PREPARE ONCE ALL THE INGREDIENTS ARE ASSEMBLED. AFTER PULLING TOGETHER ALL YOUR INGREDIENTS FOR BOTH THE COUSCOUS AND BAKING OF THE SQUASH, START WITH THE SQUASH FIRST. THE COUSCOUS CAN BE PREPARED IN THE TIME IT TAKES FOR THE SQUASH TO GO THROUGH ITS FIRST ROUND OF BAKING, LEAVING THE COUSCOUS PERFECT WHEN IT COMES TIME FOR STUFFING THE SQUASH. FEEL FREE TO ADD SOME OF YOUR OTHER FAVORITE VEGETABLES TO THE FILLING, TOO – JUST MAKE SURE THEY ARE COOKED PROPERLY BEFORE GOING INTO THE MIX. IF YOU CANNOT FIND SMALL SQUASH, LARGE SQUASH CAN BE CUT DOWN INTO SMALLER PORTIONS, PRESERVING THE SKIN. REDUCE THE SECOND BAKING TIME BY 5 MINUTES.

FOR THE COUSCOUS

2 C	semolina or spelt couscous	½ T	controse chile flake or red pepper flakes
2 ½ C + ½ C	vegetable stock	1 C	diced fresh tomatoes
¼ C	extra virgin olive oil	2 TB	toasted almond halves or slivers
1 EACH	small yellow onion, diced small	1 C	flat leaf parsley, sliced thin
¼ T	saffron threads	2 T + TO TASTE	sea salt and black pepper