Apple Breakfast Couscous with Peanut Yogurt

2 breakfast bowls, each with half the apple-raisin couscous and half the peanut yogurt | Active 10 min | Cook 6 min | Total 22 min

Ingredients

- 160 g (about 5.6 oz) apple, cored and cut into 5 mm (about 3/16 in) pieces, skin left on
- 160 ml (about 2/3 US cup) water, divided: 60 ml (about 1/4 US cup) for the apple and 100 ml (about 6 US tbsp plus 2 US tsp) to heat with the raisins
- 80 g (about 2.8 oz) small instant couscous, not pearl couscous
- 10 g (about 0.35 oz) butter
- 20 g (about 0.71 oz) raisins
- 0.8 g ground cinnamon, about 1/4 tsp
- 0.5 g fine salt, a small pinch
- 120 g (about 4.2 oz) plain yogurt
- 30 g (about 1.1 oz) smooth peanut butter
- 10 ml (about 2 US tsp) lemon juice

Set out

1000 W microwave with turntable, Microwave-safe bowl, 1.5 L (about 1.6 US qt) measured capacity, about 18 cm (about 7 in) inside diameter, Microwave-safe vented cover, Small bowl for the peanut yogurt, Fork and spoon, Knife and board, Kitchen scale and measuring jug, Oven mitts, Two serving bowls

Allergens

Wheat, Milk, Peanuts. Check labels and substitutions.

Make it

1. Put the apple, 60 ml (about 1/4 US cup) water, butter, cinnamon and salt in the 1.5 L (about 1.6 US qt) bowl. Cover with the vented cover. Microwave at 1000 W full power for 2 minutes, stir, then cook 1-2 minutes more until the apple pieces are tender. Keep all the cooking liquid.

2. Stir in the remaining 100 ml (about 6 US tbsp plus 2 US tsp) water and the raisins. Cover loosely and microwave at full power for 1-2 minutes until the liquid is visibly bubbling. Carefully remove the bowl, immediately stir in all 80 g (about 2.8 oz) instant couscous and replace the cover with its vent left open. Leave off the heat for 5 minutes.

3. During the 5-minute stand, mix the yogurt, peanut butter and lemon juice in the small bowl until even. Do not microwave this sauce.

4. Fluff the couscous and apple with a fork. The grains should be tender and the free liquid absorbed. If the grain is still firm, re-cover and give it 2 minutes more standing time; a different instant product may need its manufacturer’s longer stand. Divide all the grain and fruit between two bowls, then spoon half the peanut yogurt over each.

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The sauce is part of the portion

Each breakfast receives 60 g (about 2.1 oz) yogurt and 15 g (about 0.53 oz) peanut butter from the measured sauce, plus half the lemon juice. Divide the whole sauce rather than saving most of it as an unspecified extra.

A covered stand is the cooking stage

Keep the bowl covered for the full absorption time. Opening it repeatedly lets out the heat needed to hydrate the small grains.

Ingredient labels

Check the couscous and seed-butter variation labels for additional allergens. The yogurt sauce is perishable.

A useful detail

The 22-minute estimate allows preparation, up to 6 minutes of sequential microwave heating, the 5-minute absorption and serving. The sauce is mixed during the stand. Use small instant couscous whose packet uses roughly twice its dry weight in hot water; a product with a different ratio needs its own formula rather than this exact timing. Times are starting ranges for a 1000 W microwave. Use the stated power setting, stir and turn as directed, and use the food endpoint rather than the clock alone. A different wattage or bowl shape may need additional short bursts.

Another way

Replace the raisins with 20 g (about 0.71 oz) chopped soft dried apricots; add them in the same water-heating stage.

Replace peanut butter with 30 g (about 1.1 oz) smooth sunflower-seed butter. Check its label for nut cross-contact and any additional allergens; the base still contains wheat and milk.

Keep it well

Refrigerate couscous and sauce separately in shallow covered containers within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below and use within 2 days. Reheat the couscous once in short covered bursts, stirring, to 165°F/74°C throughout; stand 2 minutes, then add the cold sauce. Do not leave the cooked grain in its warm mixing bowl to cool slowly.