Turkey, Apricot and Green Olive Skillet with Couscous

2 substantial plates · Active 20 min · Total 40 min

Skills: Confident beginner

Ingredients

- 10 1/2 oz turkey breast cutlets, cut into 1/2-inch (1 cm) strips (300 g)
- 3/4 cup fine quick-cooking couscous (130 g)
- 3/4 cup boiling water for couscous (180 ml), or the packet-specified amount
- 1 tablespoon olive oil (15 ml), divided
- 1 small onion, thinly sliced (100 g)
- 1 tablespoon finely grated fresh ginger (6 g)
- 1/2 teaspoon ground cumin (1 g)
- 1/4 teaspoon ground cinnamon (0.5 g)
- 1/3 cup dried apricots, cut into thin strips (50 g)
- 1 cup low-sodium chicken stock (240 ml)
- 1/4 cup pitted green olives, halved (40 g)
- 1 tablespoon lemon juice (15 ml)
- 2 tablespoons chopped flat-leaf parsley (8 g)
- 1/4 teaspoon fine salt (1.5 g), divided
- 1/4 teaspoon black pepper (0.5 g)

Set out

12-inch (30 cm) skillet with lid, Heatproof bowl with cover, Small saucepan or kettle, Instant-read thermometer, Separate plate for partly cooked turkey; keep it separate from clean serving dishes

Allergens

Wheat; check stock for additional allergens. Check labels and substitutions.

Make it

1. Put the couscous in the heatproof bowl. Keep the measured water ready to boil. Pat the turkey dry and season it with half the salt and all the pepper.

2. Heat 2 teaspoons of the oil in the skillet over medium-high heat. Brown the turkey in one layer for 3–4 minutes, turning once; work in two batches if necessary. Transfer to a plate. It will finish cooking later.

3. Reduce the heat to medium. Add the remaining oil and onion; cook for 6–7 minutes until soft. Stir in the ginger, cumin and cinnamon for 30 seconds.

4. Add the apricots, stock and olives. Bring to a simmer and cook, uncovered, for 6–8 minutes, until the apricots soften and the liquid reduces slightly.

5. Meanwhile, pour the boiling water over the couscous with the remaining salt. Cover for 5 minutes, or follow the packet, then fluff with a fork.

6. Return the turkey and its juices to the skillet. Simmer gently for 2–4 minutes, until the thickest pieces reach 165°F/74°C. Add a tablespoon of water if the sauce becomes dry. Stir in the lemon juice and parsley. Divide the couscous and turkey mixture between two plates.

Pack the spare portion before leaving

Divide the second portion while serving the first. A shallow container cools more readily than a covered skillet full of food; refrigerate it promptly before your departure.

A useful detail

The turkey must reach 165°F/74°C in the final simmer; the initial browning time alone is not a doneness check.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. Reheat covered with a splash of water until the turkey and couscous reach 165°F/74°C. For a cold journey, use an insulated bag with two cold sources and refrigerate at work.