Sausage, Broccoli Rabe and Giant Couscous

2 substantial bowls · Active 20 min · Total 45 min

Skills: Confident beginner

Ingredients

• 7 oz fully cooked chicken sausage, sliced into 1/2-inch (1 cm) rounds (200 g)

• 1 tablespoon olive oil (15 ml)

• 1 small onion, diced (100 g)

• 2 garlic cloves, finely chopped (6 g)

• 1 cup giant or pearl couscous (150 g)

• 9 oz broccoli rabe, tough stem ends removed, tender stems sliced and leaves chopped separately (250 g prepared weight)

• 1 3/4 cups low-sodium chicken stock (420 ml), or packet-specified amount

• 1 tablespoon lemon juice (15 ml)

• 1/4 teaspoon fine salt (1.5 g)

• 1/4 teaspoon black pepper (0.5 g)

Set out

Deep 12-inch (30 cm) skillet with tight lid, Instant-read thermometer

Allergens

Wheat; check sausage and stock for milk, soy or other allergens. Check labels and substitutions.

Make it

1. Heat the oil in the skillet over medium heat. Cook the onion for 5–6 minutes until softened. Add the sausage and cook for 3 minutes, turning to color the cut sides.

2. Stir in the garlic, couscous and finely sliced broccoli rabe stems for 1 minute. Add the stock, salt and pepper and bring to a gentle boil.

3. Cover, reduce to low and simmer until 4–5 minutes before the couscous packet's expected finishing time, stirring once halfway. For a 12-minute packet, this first simmer takes 7–8 minutes. Add a splash of boiling water if the pan becomes dry before the couscous is nearly tender.

4. Fold in the chopped broccoli rabe leaves. Cover and cook for 4–5 minutes more until the leaves are tender, the couscous is cooked and the sausage reaches 165°F/74°C. If liquid remains, cook uncovered for 1–2 minutes.

5. Remove from the heat, stir in the lemon juice and divide between two bowls.

Measure before you start

Keep the couscous and stock measured together on the counter. A one-pan method is less forgiving if the pasta is already toasting while you search for a measuring jug.

A useful detail

Broccoli rabe has thinner stems and a stronger flavor than an ordinary large broccoli head. Use the stated prepared weight after removing tough ends.

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 to 165°F/74°C. Freeze for up to 2 months, thawing in the refrigerator; the greens will be softer. Carry chilled with two cold sources and refrigerate at work.