Peach, Chicken and Red Onion Couscous

2 warm couscous bowls · Active 20 min · Total 30 min

Skills: Confident beginner

Ingredients

- 3/4 cup ordinary couscous (130 g)
- 3/4 cup just-boiled chicken stock (180 ml)
- 10 oz boneless skinless chicken breast, cut into 1/2-inch strips (280 g)
- 1 tablespoon olive oil (15 ml), divided
- 1 large firm ripe peach, cut into 8 wedges (180 g)
- 1 medium red onion, sliced into thin wedges (150 g)
- 1/2 teaspoon ground cumin
- 1/4 teaspoon fine salt
- 1/4 teaspoon black pepper
- 1 tablespoon lemon juice (15 ml)
- 3 tablespoons chopped parsley (12 g)

Set out

10-inch skillet (25 cm), Heatproof bowl and plate to cover, Fork, Instant-read food thermometer, Separate raw-chicken board

Allergens

Wheat. Check labels and substitutions.

Make it

1. Put couscous in the heatproof bowl, pour over just-boiled stock and cover with a plate. Stand 8 minutes, then fluff with a fork.

2. Heat half the oil in the skillet over medium-high heat. Brown peach wedges for 1 minute on each cut side. Transfer to a clean plate.

3. Add remaining oil and onion. Cook 4–5 minutes until softened. Add chicken, cumin, salt and pepper. Cook 6–8 minutes, turning, until the thickest strip reaches 165°F/74°C. Use two batches if chicken cannot sit in a single layer.

4. Add lemon and 2 tablespoons water to the pan and scrape up the cooked juices. Fold in couscous and parsley, then return peaches. Warm gently for 1 minute and serve.

Give raw chicken a short journey

Buy the small quantity near a place you can refrigerate it. Keep it at 40°F/4°C or below and cook within 1–2 days; a compact camper fridge must maintain the same temperature as a home fridge.

A useful detail

The couscous starts while you prepare the skillet ingredients. If cooking in batches, allow up to 5 extra minutes.

Keep it well

Refrigerate promptly in shallow containers within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. Reheat to 165°F/74°C. Keep raw chicken chilled until cooking and separate from fruit and ready-to-eat ingredients.