

Warm Breakfast Couscous

This is a great alternative to porridge to start your day. The couscous is cooked in milk, orange zest and cinnamon then topped with a delicious fruity topping. If you have enjoyed couscous in a salad before you will love this warm breakfast idea.



Milk, sulphites, wheat (gluten)*

Nutritional information per portion (236g):

Energy	Fat	Saturates	Sugars	Salt
935kJ 202kcal 11%	3.1g 4%	1.5g 7%	24g 27%	0.16g 3%

of an adult's reference intake.
Typical values per 100g: energy 396kJ/85kcal.

Equipment

Weighing scales
Measuring jug
Grater
Chopping board
Small pan with lid
Measuring spoon
Small sharp knife
Juice squeezer
Mixing spoon
Food processor

Ingredients

Serves 4-6
200g couscous
600ml semi-skimmed milk
100ml water
1 x 5ml cinnamon
1 large orange (juice and zest)
200g dried dates or apricots

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tip

- Heating up the orange juice in a pan before you add to the dried fruit really brings out the flavours.

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Method

1. Weigh out dry ingredients and measure liquids.
2. On a clean dry, chopping board grate the zest of the orange. Be careful to only remove the shiny orange zest not the white skin.
3. Pour the water and milk into the small pan and bring to the boil. Take the pan off the heat and immediately add the couscous, orange zest and cinnamon. Place the lid on the pan and leave for 5–10 minutes. Stir well. Add a little more water if the mixture looks too thick. You want the couscous to be soft and moist rather than dry.
4. Cut the orange in half using the sharp knife and squeeze out the juice with the juice squeezer.
5. Roughly chop the apricots or dates and place in a food processor. Add the orange juice and blend into a paste.
6. Divide the hot couscous evenly between the bowls, spoon the apricot or date and orange mixture over each and enjoy while hot.

Something to try next time

- Replace the cinnamon with ground nutmeg or a squashed cardamom pod.
- Try using 1 x 5ml cinnamon with 1 x 5ml vanilla extract and 200g fresh raspberries with the date/apricot mixture.

Prepare now, eat later

- This recipe is designed to eat when hot. It's so quick to make that it needs very little preparation.

Get more from your food

- Dried dates and apricots are great store cupboard foods.

Nutrition fact

- Dates and dried apricots contain fibre.

Skills used include:

Weighing, measuring, chopping, mixing, grating and using food processor.