



Dante's
FINE FOODS

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PLUM & APRICOT COUSCOUS

Ingredients:

250gm **Couscous**

1Tbsp **Extra Virgin Olive Oil**

50gm **Butter**

½ tsp **cinnamon**

3Tbsp **SAL Lime & Lemongrass Drizzle**

3 Balls **AH Stem Ginger in Syrup**, chopped finely

5 Big **Plums**, stones removed

12 **Ceres Organic Dried Apricots**

10 **Ceres Organic Dried Tart Cherries**

100gm **Ceres Organics Pistachio Nuts**

15gm **Fresh Mint**, torn

Place the couscous in a pan and add the oil and 250ml of boiling water, allow to rest covered for 2 minutes. Place the pan over a low heat and add the butter. Stir the melting butter into the couscous.

Stir the cinnamon through the couscous. Add the Lime & Lemongrass drizzle and mix well. Stir in the ginger pieces.

Cut the plums, apricots and cherries into thin segments. If you are using raw pistachio nuts fry these with 1tsp of salt (without butter or oil) in a fry pan over a low heat for 3 minutes. I just used Ceres organic ready roasted and salted pistachio nuts, so no need to toast these.

Add the plums, apricots, cherries, pistachio nuts, and mint and gently fold through the couscous.

Serves 4

This is delicious served with barbecued chicken thighs marinated in Jamaican Joe Jerk Seasoning. The 'spice' of the jerk seasoning complements the sweetness of the couscous dish nicely! We also made a very simple carrot/broccoli/courgette salad to serve alongside.

DID YOU KNOW??

Apricots are high in vitamin A, even more so when dried. One serving of 3 apricots provides 45 percent of the recommended daily allowance of vitamin A. They are also high in vitamin C and potassium as well as being low in fat and cholesterol-free. One apricot averages less than 20 calories, making it a perfect sweet snack, and great added to your favourite cake, muffin, scone and bread recipes. For those with allergies, be aware that most commercially-dried apricots are treated with sulphur dioxide as a colour preservative. Not to worry our apricots are dried without sulphur this does mean that they are much darker in colour, so even though they don't look as attractive, they are moist and delicious.