

Dried fruit compote with orange couscous

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Use a mixture of dried fruit, such as pears, apples, prunes and apricots.

Ingredients (serves 4)

Dried Fruit Compote

- 2 cups (310 g) dried fruit (see note)
- 1 tbsp superfine (caster) sugar
- 1 cinnamon stick
- 2 cups (480 ml) water

Orange Couscous

- 1 cup (240 ml) orange juice
- ¼ cup (60 ml) water
- 1 cup (185 g) whole-wheat couscous
- 1 orange, rind finely grated
- 1 tbsp olive oil

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To Serve

- 1 cup (285 g) thick vanilla yogurt
- ¼ cup (45 g) pistachio kernels, roughly chopped

Method

For the compote, place the dried fruit, superfine (caster) sugar and cinnamon stick into a medium saucepan. Add the water, and stir to dissolve the sugar. Cover and bring to a simmer over low heat. Cook for five minutes. Uncover and increase the heat slightly so it stays at a simmer. Cook for a further 15 minutes, stirring occasionally, until the fruit is very soft and the liquid has reduced slightly. Place the compote into a bowl to cool.

For the [couscous](#), combine the orange juice and water in a medium saucepan. Cover and bring to the boil. Uncover briefly and add the couscous, put the lid back on, and swirl the saucepan to combine the ingredients. Stand for five minutes or until the couscous has absorbed the liquid. Uncover the saucepan, and add the orange rind and olive oil. Use a fork to mix in the orange and olive oil, and to fluff up the grains.

Serve the couscous topped with the fruit compote. Spoon the yoghurt on top and sprinkle with the pistachios.

Can be served warm or cold.

Photo credit: Andre Martin; Author: Catherine Saxelby

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