



Tunisian-Spiced Turkey with Garlic Couscous and Harissa Gravy

READY IN



45 min.

SERVINGS



12

CALORIES



649 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1.5 tablespoons peppercorns black
- 1 teaspoon caraway seeds
- 1 tablespoon cardamom pods
- 2 teaspoons coriander seeds
- 2 tablespoons cornstarch
- 2.5 cups couscous uncooked
- 2 teaspoons pepper red crushed

- 1 teaspoon cumin seeds
- 0.5 cup currants dried
- 28 ounce less-sodium chicken broth fat-free canned
- 0.3 cup cilantro leaves fresh chopped
- 0.3 cup flat-leaf parsley fresh chopped
- 2 fresno peppers red seeded chopped
- 2 garlic cloves minced
- 8 garlic cloves crushed
- 1.5 teaspoons ground cinnamon
- 0.5 teaspoon ground nutmeg
- 0.8 cup yogurt plain low-fat
- 1 tablespoon olive oil
- 0.5 teaspoon salt
- 1 teaspoon salt
- 12 pound turkey fresh thawed
- 0.3 cup water
- 1 cup water

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- roasting pan
- kitchen thermometer
- ziploc bags
- spatula
- tongs

broiler pan

Directions

Preheat oven to 400

To prepare turkey, place first 3 ingredients in a small skillet, and cook over medium–low heat 2 minutes or until toasted and fragrant, shaking pan frequently.

Place peppercorn mixture in a spice or coffee grinder; process until finely ground.

Place mixture in a small bowl. Stir in 1 tablespoon oil, cinnamon, 1 teaspoon salt, and nutmeg to form a paste.

Remove and discard giblets and neck from turkey. Rinse turkey with cold water; pat dry. Trim excess fat. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat. Rub spice paste under loosened skin, and rub over breast and drumsticks. Lift wing tips up and over back; tuck under turkey.

Place turkey, breast side down, on the rack of a broiler pan or roasting pan coated with cooking spray.

Pour 2 cans broth into shallow roasting pan; place rack in pan.

Bake at 400 for 45 minutes. Carefully turn turkey over (breast side up); bake turkey an additional 1 hour and 15 minutes or until a thermometer inserted in thigh registers 180

Let stand 10 minutes.

To prepare gravy, place a heavy–duty zip–top plastic bag inside a 2–cup glass measure.

Pour pan drippings into bag; let stand 10 minutes (fat will rise to the top). Seal bag; carefully snip off 1 bottom corner of bag.

Drain drippings into a medium saucepan, stopping before fat layer reaches opening; discard fat. Bring to a boil. Reduce heat; simmer 5 minutes.

Combine 1/3 cup water and cornstarch, stirring with a whisk. Stir the cornstarch mixture into pan; bring to a boil. Reduce heat; simmer 3 minutes or until slightly thick.

Place coriander, caraway, and cumin in a small skillet; cook over medium–low heat 2 minutes or until toasted and fragrant, shaking pan frequently.

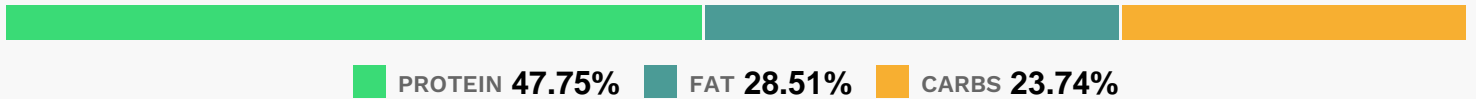
Place the mixture in a spice or coffee grinder; process until finely ground.

Add crushed red pepper, jalapeos, and 2 garlic cloves; process until a paste forms.

Remove spice paste from grinder; combine spice paste and yogurt.

- Add yogurt mixture to broth mixture; simmer 3 minutes. Stir in 1/2 teaspoon salt and 1/4 teaspoon black pepper.
- To prepare couscous, heat 1 tablespoon oil in a large nonstick saucepan over medium-high heat.
- Add 8 garlic cloves; saut 1 minute.
- Add 1 cup water and 2 cans broth to pan; bring to a boil. Stir in couscous and currants. Cover, remove from heat, and let stand 8 minutes. Fluff with a fork. Stir in parsley, cilantro, 1/2 teaspoon salt, and 1/4 teaspoon black pepper.
- Serve turkey with couscous and gravy. Discard skin before serving.
- Note: Insert long-handled tongs or a heavy spatula into the cavity to support the weight of the turkey, and use another set of tongs or spatula to turn the bird.

Nutrition Facts



Properties

Glycemic Index:32.92, Glycemic Load:18.52, Inflammation Score:-6, Nutrition Score:34.43478265016%

Flavonoids

Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 648.59kcal (32.43%), Fat: 20.23g (31.13%), Saturated Fat: 5.13g (32.07%), Carbohydrates: 37.9g (12.63%), Net Carbohydrates: 34.7g (12.62%), Sugar: 5.31g (5.9%), Cholesterol: 232.8mg (77.6%), Sodium: 947.92mg (41.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 76.24g (152.47%), Vitamin B3: 26.47mg (132.34%), Vitamin B6: 2.06mg (102.97%), Selenium: 71.26µg (101.8%), Phosphorus: 698.79mg (69.88%), Vitamin B12: 4.15µg (69.12%), Zinc: 6.36mg (42.41%), Vitamin B2: 0.69mg (40.82%), Manganese: 0.78mg (38.76%), Vitamin B5: 3.28mg (32.83%), Magnesium: 110.09mg (27.52%), Potassium: 948.19mg (27.09%), Vitamin K: 25.49µg (24.28%), Iron: 3.99mg (22.18%), Copper: 0.42mg (20.8%), Vitamin B1: 0.25mg (16.51%), Fiber: 3.2g (12.8%), Calcium: 104.24mg (10.42%), Vitamin A: 455.15IU (9.1%), Folate: 35.93µg (8.98%), Vitamin C: 5.94mg (7.2%), Vitamin D: 0.97µg (6.44%), Vitamin E: 0.73mg (4.86%)