

Dried Fruit

left coast  
ORGANICS

# Organic Turkish Apricots

Country of Origin: Turkey

Certified Organic

Pro-Cert

## Nutrition Facts Valeur nutritive

Per 5 pieces (40 g) / par 5 pièces (40 g)

Amount Teneur	% Daily Value % valeur quotidienne
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**Calories / Calories** 110

**Fat / Lipides** 0 g **0 %**

Saturated / saturés 0 g **0 %**  
+ Trans / trans 0 g

**Cholesterol / Cholestérol** 0 mg

**Sodium / Sodium** 5 mg **0 %**

**Carbohydrate / Glucides** 29 g **10 %**

Fibre / Fibres 4 g **17 %**

Sugars / Sucres 16 g

**Protein / Protéines** 1 g

Vitamin A / Vitamine A **8 %**

Vitamin C / Vitamine C **2 %**

Calcium / Calcium **2 %**

Iron / Fer **6 %**

## Factoid:

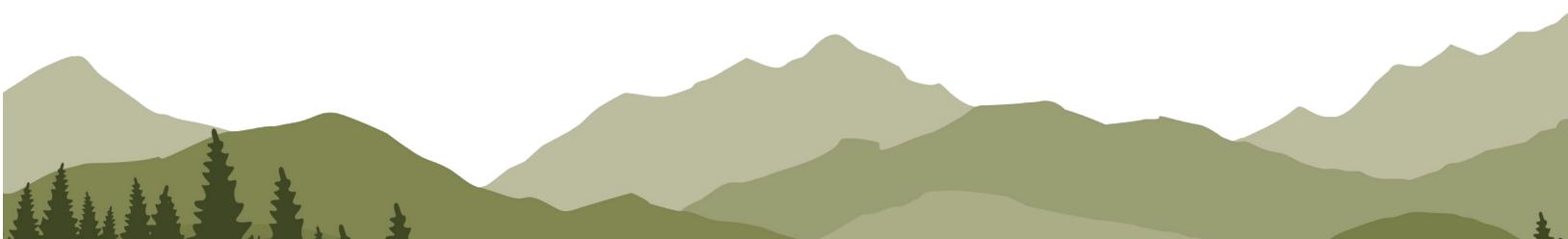
Turkey is one of the world's largest apricot producers. Fresh apricots have a short shelf life, and therefore are usually available in their dried form. They provide fibre, calcium, vitamin A, vitamin C, iron, and carotenes.

## Allergen Information:

This product may contain sulphites.

## Ingredients:

Organic dried apricots



## Recipe:

# Pheasant Breast & L'orange with Dried Apricots and Prosciutto

### Ingredients:

2 skinless pheasant breasts

6 plump turkish apricots

12 rashers thinly sliced prosciutto or streaky bacon

4 thyme sprigs

Knob of butter

2 Tbl olive oil

50 g watercress

Squeeze of orange juice

### Instructions:

1. Cut each pheasant in half across the middle, lengthways so that you have 4 thin slivers of breast. Cut the apricots in the same way.
2. Lay out 3 overlapping slices of prosciutto or bacon and place a sprig of thyme on top. Put a piece of breast on top of this and lay 3 pieces of apricot on top of the breast.
3. Season with salt and pepper, then wrap the prosciutto tightly around the pheasant to form a parcel. Repeat with the remaining pheasant, prosciutto and apricot to make 4 parcels. You can make these the day before and chill overnight.
4. Heat oven to 180°C/160°C fan/gas 4. Heat a heavy-bottomed frying pan over a high flame and add the butter and 1 tablespoon of oil. When the fats are sizzling, add the pheasant parcels and cook for 3-4 minutes on each side until the prosciutto is crisp and golden. The heat from the pan will seal the prosciutto tightly around the pheasant breast.
5. Pop the breasts onto a baking tray and roast in the oven for 5-7 minutes to finish cooking. Meanwhile, add the zest and juice from the 2 oranges, cinnamon, honey and soy to the pan juices and simmer to reduce until syrupy. Toss the watercress with the remaining oil and a squeeze of orange juice. Serve the pheasant parcels with the orange sauce, watercress and rice.