



Herby Chicken Couscous Bowl

with baby tomatoes & mushrooms

Hands-on Time: 20 minutes

Overall Time: 25 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Kate Gomba



Nutritional Info	Per 100g	Per Portion
Energy	319.9kJ	1951.9kJ
Energy	76.5kcal	466.9kcal
Protein	8.4g	51.5g
Carbs	7.5g	45.9g
of which sugars	1.7g	10.5g
Fibre	1.9g	11.4g
Fat	1g	5.8g
of which saturated	0.2g	1.5g
Sodium	38.5mg	234.8mg

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1 [Serves 2]

100g	200g	Cucumber <i>rinse & cut into chunks on the diagonal</i>
80g	160g	Baby Tomatoes <i>rinse & cut in half</i>
15ml	30ml	Lemon Juice
50ml	100ml	Couscous
30g	60g	Peas
125g	250g	Button Mushrooms <i>wipe clean & cut into quarters</i>
150g	300g	Free-range Chicken Mini Fillets
5ml	10ml	Dried Oregano
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
40ml	80ml	Tzatziki
3g	5g	Fresh Chives <i>rinse & finely slice</i>

- 1. MARINATION TIME** In a bowl, combine the cucumber, tomatoes, and lemon juice. Season and set aside in the fridge.
- 2. COUSCOUS** Boil the kettle. Place the couscous and peas in a bowl with 50ml [100ml] of boiling water. Stir through some seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.
- 3. MUSHIES** Place a pan over medium-high heat. Lightly spray the mushrooms with cooking spray. When hot, fry the mushrooms until golden, 5-6 minutes (shifting occasionally). Remove from the pan and season.
- 4. CHICKEN** Return the pan to medium heat. Pat the chicken dry with paper towel, coat with the oregano and lightly spray with cooking spray. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan, season, and set aside.
- 5. JUST BEFORE SERVING** In the bowl with the couscous, add the marinated cucumber and tomatoes, salad leaves, mushrooms, and seasoning.
- 6. DINNER TIME** Bowl up the loaded couscous and top with the chicken. Finish with dollops of tzatziki and sprinkle over the chives. Well done, Chef!

From Your Kitchen

Seasoning (Salt & Pepper)

Water

Cooking Spray

Paper Towel