



UCCOOK

Zesty Chicken & Couscous salad

with peas, charred corn & pickled peppers

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Simple & Save: Serves 1 & 2

Chef: Hellen Mwanza

Wine Pairing: Sophie Germanier Organic | Sophie Germanier Chardonnay Organic

| Nutritional Info | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 492kJ | 2265kJ |
| Energy | 118kcal | 542kcal |
| Protein | 10.5g | 48.4g |
| Carbs | 14g | 65g |
| of which sugars | 2.9g | 13.3g |
| Fibre | 2.1g | 9.7g |
| Fat | 1.3g | 6.1g |
| of which saturated | 0.5g | 2.4g |
| Sodium | 29mg | 134mg |

Allergens: Gluten, Wheat, Sulphites, Sugar Alcohol (Sweetener)

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|---|
| 75ml | 150ml | Couscous |
| 40g | 80g | Peas |
| 40g | 80g | Corn |
| 150g | 300g | Free-range Chicken Mini Fillets |
| 1 | 1 | Tomato <i>rinse & roughly dice ½ [1]</i> |
| 20g | 40g | Piquanté Peppers <i>drain</i> |
| 30ml | 60ml | Colleen's Handmade Lemon & Herb Sauce |

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

1. COUSCOUS Boil the kettle. Place the couscous and the peas in a bowl with 75ml [150ml] of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. CORN Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. CHICKEN Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan, season, and set aside.

4. ALL TOGETHER When the couscous is ready, add the corn, the tomato, the peppers, a generous drizzle of olive oil, and seasoning.

5. DINNER IS READY Bowl up the loaded couscous, top with the chicken, and drizzle over the lemon & herb sauce. Dig in, Chef!