



# UCOOK

## Chicken & Lemony Loaded Couscous

with golden sultanas & flaked almonds

Crispy chicken pieces are coated in a fragrant NOMU Moroccan Rub before being cooked to golden perfection. They sit atop fluffy couscous loaded with tomato, golden sultanas, olives, flaked almonds, mint and lemon juice. So easy, yet so delish!

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**Hands-on Time:** 10 minutes

**Overall Time:** 25 minutes

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**Serves:** 1 Person

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**Chef:** Thea Richter

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 Quick & Easy

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 Leopard's Leap | Chenin Blanc

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## Ingredients & Prep

2	Free-range Chicken Pieces
5ml	Nomu Moroccan Rub
75ml	Wholewheat Couscous
10ml	Chicken Stock
25g	Pitted Green Olives
80g	Baby Tomatoes
3g	Fresh Mint
30ml	Low Fat Plain Yoghurt
1	Lemon <i>½ cut into wedges</i>
1	Red Onion <i>½ peeled &amp; roughly sliced</i>
15g	Golden Sultanas
15g	Flaked Almonds

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel

**1. CHEEKY CHICK** Boil the kettle. Place a pan over a medium-high heat. Pat the chicken pieces dry with paper towel and coat in the rub. When the pan is hot, add the chicken pieces and fry for 5-7 minutes per side or until golden and cooked through, turning as they colour. Remove from the pan on completion and cover to keep warm.

**2. COUSCOUS TIME** Using a shallow bowl, submerge the couscous and the stock in 125ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and set aside to steam for 5-8 minutes until tender.

**3. PREP STEP** While the couscous is steaming, drain and halve the olives. Cut the tomatoes into quarters. Rinse and pick the mint. In a small bowl, combine the yoghurt with a squeeze of lemon juice (to taste) and seasoning. Loosen with water in 5ml increments until drizzling consistency.

**4. A LOAD OF YUM** Return the pan to a medium-high heat with a drizzle of oil. When hot, add the sliced onion and fry for 3-4 minutes until soft, shifting occasionally. Remove from the pan and add to the bowl with the couscous, along with the halved olives, the quartered tomatoes, ½ the picked mint, a squeeze of lemon juice, the sultanas, the flaked almonds, a drizzle of oil, and seasoning.

**5. BECOUSCOUS IT'S DELISH!** Pile up the loaded couscous. Top with the crispy spiced chicken and sprinkle over the remaining mint. Drizzle over the zingy yoghurt and side with a lemon wedge. Get munching, Chef!



## Chef's Tip

If you want to toast your flaked almonds, place them in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion and set aside to cool.

## Nutritional Information

Per 100g

Energy	668kj
Energy	160kcal
Protein	10.9g
Carbs	12g
of which sugars	3.7g
Fibre	1.9g
Fat	7.1g
of which saturated	1.6g
Sodium	287mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,  
Tree Nuts

Cook  
within 3  
Days