

UCCOOK

Paul Cluver's Lemon & Herb Chicken

with a loaded couscous salad

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Paul Cluver

Wine Pairing: Paul Cluver | Village Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	624kJ	3525kJ
Energy	149kcal	843kcal
Protein	10.8g	61g
Carbs	14g	79g
of which sugars	3.1g	17.6g
Fibre	2.7g	15.1g
Fat	4.8g	27g
of which saturated	1.3g	7.3g
Sodium	56mg	318mg

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites, Sugar Alcohol (Xylitol), Tree Nuts

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
150g	150g	Sliced Onions
300g	400g	Broccoli Florets <i>rinse & cut into bite-sized pieces</i>
120g	160g	Corn
225ml	300ml	Couscous
90g	120g	Almonds <i>roughly chop</i>
60g	80g	Danish-style Feta <i>drain</i>
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
30g	60g	Golden Sultanas <i>roughly chop</i>
3	4	Free-range Chicken Breasts
125ml	160ml	Colleen's Lemon & Herb Sauce

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

1. COLOURFUL CUISINE Place a pan (with a lid) over medium heat with a drizzle of oil. When hot, fry the onion, the broccoli, and the corn until golden, 6-7 minutes (shifting occasionally).

2. LOADED LEAVES Place the couscous in a bowl with 225ml[300ml] of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork and add the fried veg, the nuts, the feta, the parsley, the leaves, the sultanas, and seasoning.

3. LEMON & HERB CHICKEN Place clean a pan (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 minutes. During the final 1-2 minutes, baste the chicken with the lemon & herb sauce. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. EVERY BITE A TRIUMPH Plate up the loaded couscous. Top with the sliced chicken, and all its pan juices. Enjoy!