

UCCOOK

Paul Cluver's Lemon & Herb Chicken

with a loaded couscous salad

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

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 1	[Serves 2]	
75g	75g	Sliced Onions
100g	200g	Broccoli Florets <i>rinse & cut into bite-sized pieces</i>
40g	80g	Corn
75ml	150ml	Couscous
30g	60g	Almonds <i>roughly chop</i>
20g	40g	Danish-style Feta <i>drain</i>
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
10g	20g	Golden Sultanas <i>roughly chop</i>
1	2	Free-range Chicken Breast/s
40ml	80ml	Colleen's Lemon & Herb Sauce

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

1. COLOURFUL CUISINE Boil the kettle. 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, 5-6 minutes (shifting occasionally).

2. LOADED LEAVES Place the couscous 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 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 Pate up the loaded couscous. Top with the sliced chicken, and all its pan juices. Enjoy!