



UCCOOK

Herby Chicken Couscous Bowl

with baby tomatoes & mushrooms

Hands-on Time: 30 minutes

Overall Time: 35 minutes

***New Calorie Conscious:** Serves 3 & 4

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 3	[Serves 4]	
300g	400g	Cucumber <i>rinse & cut into chunks on the diagonal</i>
240g	320g	Baby Tomatoes <i>rinse & cut in half</i>
45ml	60ml	Lemon Juice
150ml	200ml	Couscous
90g	120g	Peas
375g	500g	Button Mushrooms <i>wipe clean & cut into quarters</i>
450g	600g	Free-range Chicken Mini Fillets
15ml	20ml	Dried Oregano
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
120ml	160ml	Tzatziki
8g	10g	Fresh Chives <i>rinse & finely slice</i>

From Your Kitchen

Seasoning (Salt & Pepper)

Water

Cooking Spray

Paper Towel

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 150ml [200ml] 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, 6-7 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. You may need to do this step in batches. 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!