

# U COOK



## Garlic-marinated Chicken & Couscous

with pitted kalamata olives

**Hands-on Time:** 45 minutes

**Overall Time:** 50 minutes

**Simple & Save:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Piakenierskloof | Grenache blanc 2024

Nutritional Info	Per 100g	Per Portion
Energy	540kJ	2820kJ
Energy	129kcal	675kcal
Protein	10.6g	55.4g
Carbs	16g	81g
of which sugars	3.3g	17.2g
Fibre	2.7g	14.2g
Fat	2.4g	12.3g
of which saturated	0.5g	2.5g
Sodium	168mg	879mg

**Allergens:** Sulphites, Gluten, Wheat, Cow's Milk, Allium

Eat Within 3 Days

**Spice Level:** Mild

## Ingredients & Prep Actions:

Serves 3 [Serves 4]

3	4	Free-range Chicken Breasts
90ml	125ml	Low Fat Plain Yoghurt
45ml	60ml	Spice Mix <i>(7,5ml [10ml] Smoked Paprika, 30ml [40ml] NOMU Cajun Rub &amp; 7,5ml [10ml] Garlic Powder)</i>
225ml	300ml	Couscous
180g	240g	Chickpeas <i>drain &amp; rinse</i>
2	2	Onions <i>peel &amp; cut 1½ [2] into wedges</i>
60g	80g	Sun-dried Tomatoes <i>roughly chop</i>
60g	80g	Pitted Kalamata Olives <i>drain &amp; roughly slice</i>

**1. MARINATED CHICKEN** Pat the chicken dry with paper towel. Cut into bite-sized pieces, add to a bowl with the yoghurt, spice mix, and seasoning. Mix until combined and set aside in the fridge to marinate, 10-15 minutes.

**2. COUSCOUS** Boil the kettle. 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.

**3. CHICKPEAS & ONION** Place a pan (with a lid) over a medium-high heat with a drizzle of oil. When hot, toast the chickpeas and onion until the onion is golden and chickpeas are crispy, 6-8 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. Remove from the pan and season.

**4. CHICKEN** Return the pan to medium heat, wiped down, with a drizzle of oil. When hot, fry the chicken until lightly charred and cooked through, 2-3 minutes per side. You may need to do this step in batches. Remove from the heat.

**5. DINNER IS READY** Combine the couscous with the chickpeas and onion, sun-dried tomatoes, and a generous drizzle of olive oil. Dish up the loaded couscous, top with the chicken, and scatter over the olives. Enjoy, Chef!

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel