



WCOOK

Zesty Chicken & Couscous salad

with peas, charred corn & pickled peppers

Hands-on Time: 30 minutes

Overall Time: 30 minutes

Simple & Save: Serves 3 & 4

Chef: Hellen Mwanza

Wine Pairing: Sophie Germanier Organic | Sophie Germanier Chardonnay Organic

Nutritional Info	Per 100g	Per Portion
Energy	492kJ	2265kJ
Energy	118kcal	542kcal
Protein	10.5g	48.4g
Carbs	14g	65g
of which sugars	2.9g	13.3g
Fibre	2.1g	9.7g
Fat	1.3g	6.1g
of which saturated	0.5g	2.4g
Sodium	29mg	134mg

Allergens: Gluten, Wheat, Sulphites, Sugar Alcohol (Sweetener)

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Couscous
120g	160g	Peas
120g	160g	Corn
450g	600g	Free-range Chicken Mini Fillets
2	2	Tomatoes <i>rinse & roughly dice 1½ [2]</i>
60g	80g	Piquanté Peppers <i>drain</i>
90ml	125ml	Colleen's Handmade Lemon & Herb Sauce

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. COUSCOUS Boil the kettle. Place the couscous and the peas 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.

2. CORN Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside.

3. CHICKEN Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel. 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.

4. ALL TOGETHER When the couscous is ready, add the corn, the tomatoes, the peppers, a generous drizzle of olive oil, and seasoning.

5. DINNER IS READY Bowl up the loaded couscous, top with the chicken, and drizzle over the lemon & herb sauce. Dig in, Chef!