

Moroccan chicken and couscous

4
SERVINGS

Nutrition

Energy 2551kJ	Fat saturated 2.60g
Fat Total 12.20g	Carbohydrate sugars -
Carbohydrate Total 67.70g	Dietary Fibre 2.80g
Protein 54.30g	Cholesterol 130.00mg
Sodium 1097mg	

All nutrition values are per
serve.

Ingredients

- 2 tablespoons olive oil
- 1/4 cup lemon juice
- 2 tablespoons Moroccan seasoning
- 4 (800g) chicken breast fillets, trimmed, halved lengthways

Moroccan couscous

- 1 1/2 cups couscous
- 1/3 cup currants
- 1 1/2 tablespoons balsamic vinegar
- 200g grape tomatoes, halved
- 75g baby spinach

Method

1. Combine oil, lemon juice and seasoning in a shallow, ceramic dish. Add chicken. Turn to coat.
2. Make Moroccan couscous: Bring 1 1/2 cups cold water to the boil in a saucepan over high heat. Remove pan from heat. Stir in couscous. Cover and stand for 5 minutes or until liquid is absorbed. Using a fork, stir to separate grains.
3. Place currants, vinegar and 1 tablespoon cold water in a heatproof, microwave-safe bowl. Microwave on medium (50%) for 1 to 2 minutes or until heated through.
4. Add currant mixture, tomatoes and spinach to couscous. Season with salt and pepper. Toss to combine.
5. Heat a greased barbecue plate or chargrill over medium-high heat. Cook chicken, brushing with oil mixture, for 2 minutes each side or until cooked through. Season with salt and pepper. Serve chicken with couscous.

