



# Glazed Chicken on Sun-Dried Tomato Couscous with Charred Courgettes, Mint and Yoghurt

16

Rapid 20 Minutes • Mild Spice • 1 of your 5 a day



Garlic Clove



Couscous



Chicken Stock Paste



Diced Chicken Breast



Cornflour



Courgette



Lime



Mint



Greek Style Natural Yoghurt



Fresh Chilli Jam



Sun-Dried Tomato Paste

**Pantry Items**  
Oil, Salt, Pepper

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Kettle, garlic press, bowl, cling film, frying pan and fine grater.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Couscous <b>13</b>	120g	180g	240g
Chicken Stock Paste	10g	15g	20g
Diced Chicken Breast**	260g	390g	520g
Cornflour	20g	30g	40g
Courgette**	1	1½	2
Lime**	½	¾	1
Mint**	1 bunch	1 bunch	1 bunch
Greek Style Natural Yoghurt** <b>7</b>	75g	120g	150g
Fresh Chilli Jam	25g	37g	50g
Sun-Dried Tomato Paste	25g	38g	50g
Pantry	2P	3P	4P
Boiled Water for the Couscous*	240ml	360ml	480ml
Salt*	¼ tsp	¼ tsp	½ tsp
Water for the Sauce*	50ml	75ml	100ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>408g</b>	<b>100g</b>
Energy (kJ/kcal)	2305 /551	565 /135
Fat (g)	9.9	2.4
Sat. Fat (g)	3.8	0.9
Carbohydrate (g)	70.3	17.2
Sugars (g)	14.9	3.6
Protein (g)	44.1	10.8
Salt (g)	2.35	0.58

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**7) Milk 13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Cook the Couscous

- Boil a full kettle.
- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Put the **couscous** in a bowl.
- Pour in the **boiled water for the couscous** (see pantry for amount), stir in the **chicken stock paste**, then cover tightly with cling film. Leave to the side for 10 mins or until ready to serve.



## Mix the Zesty Mint Yoghurt

- Meanwhile, zest and halve the **lime** (see ingredients for amount).
- Pick the **mint leaves** from their stalks and roughly chop (discard the stalks).
- In a small bowl, combine the **lime zest, chopped mint and yoghurt**.



## Fry the Chicken

- Pop the **chicken** into a medium bowl with the **garlic, cornflour** and **salt** (see pantry for amount). Toss to coat.
- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **chicken** to the pan and season with **pepper**. Fry until golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



## Time to Glaze

- Once the **chicken** is cooked, remove it from the heat. Add the **chilli jam** and **water for the sauce** (see pantry for amount) to the pan and stir to coat.
- Stir through the **charred courgette** until coated in the **glaze**. Remove from the heat.
- Add a squeeze of **lime juice**, then taste and season with **salt** and **pepper** if needed.



## Char the Courgette

- Meanwhile, trim the **courgette**, then quarter lengthways. Chop into 1cm chunks.
- Heat another large frying pan on high heat (no oil).
- Once hot, add the **courgette** and cook until charred, 6-8 mins total. Turn only every couple of mins - this will result in the **courgette** picking up some nice colour.
- Once cooked, season with **salt** and **pepper**.



## Finish and Serve

- Fluff up the **couscous** with a fork, then stir through the **sun-dried tomato paste**. Share between your bowls.
- Top with the **glazed chicken and courgette**.
- Finish with a dollop of **zesty mint yoghurt** and serve any remaining **lime wedges** on the side.

Enjoy!