



# Chicken and Couscous Salad

with tomato and Greek style cheese

Quick Cook 20-25 mins

15



Diced Chicken Breast



Parsley



Hello Muscat



Couscous



Chickpeas



Sweet Chilli Sauce



Tomato



Greek Style Cheese



Onion



Lime



Apple Cider Vinegar

Pantry Items: Salt, Oil, Pepper, Water

## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Baking sheet with baking paper, sieve

## Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Parsley	5 g	10 g
Hello Muscat	1 sachet	2 sachets
Couscous	100 g	250 g
Chickpeas	1 pack	2 packs
Sweet Chilli Sauce	2 sachets	4 sachets
Tomato	2 units	4 units
Greek Style Cheese	100 g	200 g
Onion	1 unit	2 units
Lime	1 unit	2 units
Apple Cider Vinegar	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	618 g	100 g
Energy (kJ/kcal)	3171.5 kJ/ 758 kcal	513.2 kJ/ 122.7 kcal
Fat (g)	21 g	3.4 g
Sat. Fat (g)	11.1 g	1.8 g
Carbohydrate (g)	76.1 g	12.3 g
Sugars (g)	15.7 g	2.5 g
Protein (g)	55.2 g	8.9 g
Salt (g)	3.6 g	0.6 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

Thumbs up or thumbs down?  
Head online or use the app to rate this recipe.



You can recycle me!



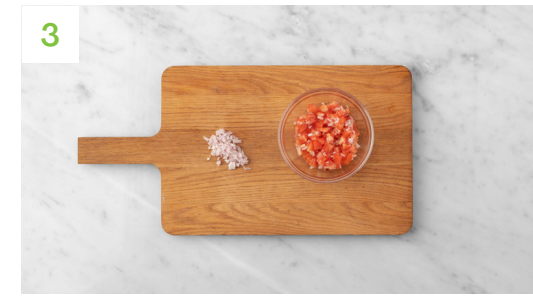
## Roast the Chickpeas

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Drain and rinse the **chickpeas**.
- Arrange on a lined baking tray and toss in a drizzle of **oil**. Season with **salt** and **pepper**.
- Bake until the **chickpeas** are crispy, 20-25 mins.



## Make the Couscous

- Pop the **couscous** into a medium bowl.
- Add 200ml boiling **water** (500ml for 4p) to the bowl along with with the **muscat**. Mix thoroughly.
- Cover with a plate or cling film and leave aside for 10 mins or until ready to serve.



## Get Prepped

- Meanwhile, chop the **tomato** into 2cm chunks.
- Halve, peel and finely chop the **onion**.
- Roughly chop the **parsley** (stalks and all).



## Make the Dressing

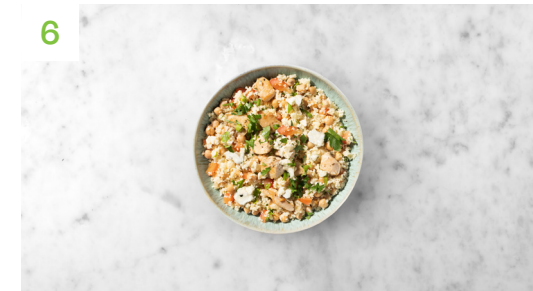
- In a large bowl for the salad, mix the **sweet chilli sauce**, juice of **half the lime**, **half the parsley**, **vinegar** and a drizzle of **oil**.
- Season to taste with **salt** and **pepper**.
- Fluff up the **couscous** with a fork and toss with the **onion**, **tomato**, **chickpeas** and **sweet chilli sauce**.



## Fry the Chicken

- Place a pan over medium-high heat with a drizzle of **oil**.
- Add the **chicken**, **salt** and **pepper**.
- Fry until golden brown and cooked through, 8-10 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging. Chicken is cooked when no longer pink in the middle.

**TIP:** Notice a stronger smell from your chicken? Don't worry, this is normal due to vacuum packing we use to keep it fresh.



## Finish and Serve

- Divide the **couscous** between bowls.
- Crumble the **cheese** over.
- Top with the golden **chicken**.
- Garnish with the remaining **parsley**.

Enjoy!