



MEDITERRANEAN CHICKEN

w/ cous cous salad

PREP TIME: 10mins
COOK TIME: 20mins
SERVES: 4

INGREDIENTS

2 cups cous cous
600 g chicken
1 tsp Moroccan seasoning
1 tsp Tuscan seasoning
1 tsp Garlic & herb salt
1 cucumbers chopped up
1 red onions sliced
2 chopped tomatoes
2 cups stock
1 cup chopped mint
Oil

DIRECTIONS

1. Add the herbs, salt , pepper to the chicken and mix well
2. Heat some oil over a medium heat.
3. Fry the chicken for 5 mins or till fully cooked. Then set aside
4. Boil the stock.
5. Put the cous cous into a bowl. Add the boiling stock to the cous cous and cover with a lid for 30 mins. Once the stock is absorbed, fluff the cous cous up and set aside.
6. In a bowl, combine the cous cous, cucumbers, tomatoes, onions and a little mint. Season with salt and pepper.
7. Put the cous cous staled on a plate. Lay the chicken on top. Garnish with mint and serve.

