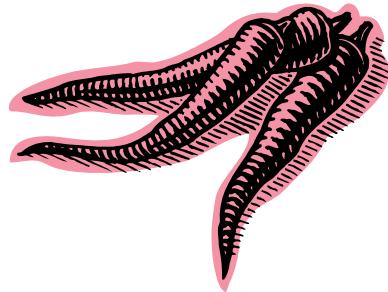


# Spicy Chicken with Chickpea Couscous

## Ingredients

- 400g Chicken breast chunks
- 1 Red onion, sliced
- 250g Cherry tomatoes, halved
- 410g Can Chickpeas, drained
- 2 tsp Crushed chilli
- 1 tbsp olive oil
- 2 chicken stock cubes
- 400g couscous
- grated zest and juice of one lemon
- 20g fresh parsley, roughly chopped



## Method

- Preheat the oven to 200°C, gas mark 6.
- In a large roasting tin, mix the chicken pieces, red onions, cherry tomatoes and chickpeas with the chilli and olive oil. Season and roast for about 10 minutes
- Make up the stock with 600ml boiling water. Stir the couscous into the roasting tin followed by the stock, lemon zest and juice. Return to the oven for 15-18 minutes until the stock has been absorbed, the chicken is thoroughly cooked and there is no pink meat.
- Stir the parsley through, using a fork to lightly separate the couscous. Serve with a rocket and watercress salad.

## Nutrition per 100g

Energy 142kcal; Protein 11.3g; Carbohydrate 16.5g; of which sugars 0.8g; Fat 3.5g; of which saturates 0.2g; Fibre 1.3g; Sodium 0.3g; Salt 0.75g.

## Cooks Tips

For a vegetarian version, used diced butternut squash or sweet potato in place of the chicken, and replace the chicken stock with vegetable stock. For a different flavour, add harissa paste instead of crushed chilli.