

MMMMM MOROCCAN CHICKEN COUS COUS SALAD



THE TRAVELLING KITCHEN

Ingredients

3 cups of cous cous
2 chicken breast
1 stock cube
2 teaspoons oil
1 capsicum
1 cup currants
Zest and juice of one lemon
1 400gm tin chickpeas, drained and rinsed
8 spring onions
2 tablespoons sunflower seeds
Fresh chopped flat leaf parsley and coriander
1 teaspoon minced garlic

Equipment

Large mixing bowl
Kiddies Food Kutter -
Electric fry pan
Chopping board
Measuring cups and spoons
Wooden Spoon
Zester
Jug
Fork
Tongs
Electric fry pan

SPICES

Spices: 1 tsp of each cumin, tumeric, cinnamon, ginger

TO SERVE

Dollop of seasoned natural yoghurt

Method

1. Measure cous cous and place into large white bowl
2. Sprinkle stock power over cous cous
3. Pour boiling water over cous cous till it's just covered, stir once with fork, and stand for water
4. Slice chicken breast along the grain
5. Turn fry pan to medium heat and lightly spray with oil, add garlic, and spices and sliced chicken
6. Toss chicken to cook for approximately 5 minutes and then add chickpeas for a further few minutes
7. Chop spring onions, capsicum and zucchini into small pieces and add to mixing bowl
8. Chop herbs roughly
9. Zest and juice lemon
10. Once chicken is cooked, combine with cous cous, vegetables, sprinkle with currants, sunflower seeds, herbs, olive oil, zest and lemon juice
11. Divide salad into appropriate number of servings.
12. Top with dollop of natural yoghurt and a sprinkle of cinnamon.
13. Enjoy and make you sure you say mmmmmm morroco as you eat it!

