



Chicken Skewers with Avocado & Couscous

Creamy sun-ripened avocado, fresh coriander and lime are the real summer flavour stars in this dish. Paired with tasty harissa chicken skewers. This dish is full of protein and healthy fats, perfect to keep you full and healthy!

Nutritional Info

Calories: 603 kcal
Carbohydrates: 74 g
Protein: 47 g
Fat: 14 g

Ingredients

- Chicken Fillet
- Red Chilli
- Fresh Coriander
- Couscous
- Avocado
- Harissa Paste
- Lime

Your Pantry

- Olive Oil
- Salt & Pepper
- Cling Film

Allergens


Wheat (Couscous)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) **Pre-heat the oven 190°C**

Soak the skewers in a bowl of water for a couple of minutes.

2) **Marinade the chicken**

In a bowl, combine the chicken, harissa paste, a little oil and a squeeze of lime juice (keep some lime juice for the couscous).

3) **Make the skewers**

Skewer the harissa chicken onto the skewers.

4) **Cook the chicken**

Place the skewers on a baking tray and bake for 12 – 15 minutes. While the chicken is cooking start on the couscous.

5) **Make the couscous**

In a bowl, add 200 ml of boiling water per person to the couscous. Cover with cling film and allow to stand for 5 minutes.

6) **Prepare the coriander, chilli & avocado**

Chop the coriander and chilli (remove the seeds for less spice). Set both aside. Slice the avocado in half and remove the stone.

7) **Finish the couscous**

Using a fork fluff up the couscous and add the chopped coriander, chilli and lime juice. Season with salt and pepper.

8) **Plate the dish**

Serve the harissa chicken on top of the couscous with some scooped out avocado on the side.



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