



## Lemongrass Chicken with Sundried Tomato Couscous

Lemongrass is a common ingredient in Thai cooking, it adds a great flavour edge to this dish, but can be tricky to work with. It is very fibrous, and the outer layers must be removed. Peel several layers of the lemongrass away, until you are left with the more tender inner stalk, this will give the best flavour.

### Ingredients

- Chicken Fillet
- Shallot
- Red Pepper
- Lemongrass
- Sun-dried Tomatoes
- Black Olives
- Chicken Stock Cube
- Couscous

#### Your Pantry

- Olive oil
- Salt & Pepper

### Nutritional Info

Calories: 401 kcal  
Carbohydrates: 30 g  
Protein: 31 g  
Fat: 14 g

### Allergens

Wheat (Couscous)  
Celery (Stock Cube)  
Stock Cube may also contain traces of Soya, Egg & Mustard

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) **Marinate the chicken**

Preheat the oven to 190°C. Chop the shallot and the white part of the lemongrass very finely (see paragraph under photo for more instructions). Combine the shallot and lemongrass with 1 tablespoon of olive oil in a bowl. Add the chicken and let it sit for 15 minutes.

### 2) **Prepare the couscous**

Finely slice the pepper and set aside. Chop the sun-dried tomatoes and olives, then set aside. Put the stock cube into a pot with 200 ml of water per person and bring to a boil. Pour in the couscous and cover. Remove the pot from heat and set aside.

### 3) **Remove the chicken from the marinade**

Remove the chicken from the marinade and season with salt and pepper. Reserve the marinade. Line a baking tray with foil for easy cleanup (to be used later).

### 4) **Cook the chicken**

In a pan, heat 1 tablespoon of olive oil over medium-high heat. When hot, add the chicken and sear 2-3 minutes until golden. Flip and sear 2 minutes on the other side, then transfer to a baking sheet and cook in the oven 7-8 minutes until no longer pink and the juices run clear.

### 5) **Cook the pepper**

Heat the reserve marinade in the pan over medium heat for about 3-5 minutes to infuse the oil. Add the pepper and cook until soft.

Fluff the couscous with a fork. Add the sun-dried tomatoes and the olives. Stir to combine. When the peppers are cooked add them to the couscous.

### 6) **Plate the dish**

Spoon the couscous onto a plate and serve the chicken on top.



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