



Chicken, Couscous and Rocket Salad with Fresh Citrusy Orange

This is a really fast dish to put together with the couscous only taking five minutes to make and everything else getting mixed together. The orange adds a tangy sweet flavour to the savory chicken and couscous.

Ingredients

- Chicken Fillet
- Red Chilli
- Rocket
- Fresh Coriander
- Orange
- Couscous
- Chicken Stock Cube
- Dressing Mix
 - Rapeseed Oil
 - Balsamic Vinegar

Your Pantry

- Rapeseed Oil
- Salt & Pepper
- Cling Film

Nutritional Info

Calories: 380 kcal
Carbohydrates: 24 g
Protein: 40 g
Fat: 14 g

Allergens


Wheat (Couscous)
Celery (Stock Cube)
Sulphur Dioxide (Balsamic Vinegar)
Stock Cube may also contain traces of Egg, Soya & 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) **Preheat the oven to 220°C**

2) **Cook the chicken**

Heat some oil in a small pan and season the chicken with salt & pepper. Add the chicken to the pan and fry for two minutes on each side. Then transfer to the oven and roast for 12-15 minutes until cooked through and the juices run clear.

3) **Make the couscous**

While the chicken is in the oven, dissolve the stock cube in about 500 ml of boiling water per cube and set aside 100ml person. Add the couscous into a bowl. Then pour the boiling stock into the couscous. There should be about twice as much liquid as couscous. Cover the bowl with cling film and allow to stand for 5 minutes.

4) **Chop the chilli & coriander**

Chop the chilli and discard the seeds. Chop the fresh coriander. Cut the lime into wedges. Add the chopped chilli, coriander and some lime juice to the couscous and mix through.

5) **Cut the orange into segments**

Remove the skin from the orange and cut it into segments.

6) **Plate the dish**

Place the cooked chicken, rocket, orange and couscous in a large bowl and mix together. Add the rapeseed oil and balsamic vinegar dressing to taste.



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