

# Spicy Chicken

## with couscous



**This spicy chicken recipe is bursting with flavour and is a simple way to liven up plain old chicken and rice meal prep. It's ideal for making up on a Sunday night to have you sorted for the week ahead — you'll be looking forward to lunch, trust us.**

- 1 tbsp. curry paste
- 1 tbsp. mango chutney
- ½ tsp. turmeric
- Salt to taste
- 50ml olive oil
- 4 chicken breast
- 300g couscous
- 350ml vegetable stock

Optional extras:  
Pomegranate seeds  
Coriander

### Nutritional information Per serving

Energy (kcal)	506 kcal
Fat	20g
of which saturates	0.5 g
Carbohydrate	39.5g
of which sugars	11.5g
Protein	66 g
Salt	0.95 g

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- 1** Firstly, make a marinade for your chicken by adding the curry paste, chutney, turmeric, salt and olive oil to a bowl and mixing well.
- 2** Then, cut each chicken breast in half and add to the marinade, stirring until well covered, and then leave aside for at least 20 minutes — ideally in the fridge overnight.
- 3** Next, heat a grill pan over medium heat and lay out your chicken pieces. Grill for 5-6 minutes on each side, or until golden and slightly charred.
- 4** Meanwhile, place the couscous in a big bowl and carefully pour in the boiling vegetable stock. Cover the bowl with a lid and leave to soak for around 5 minutes, then fluff your couscous with a fork and add any extras you want — pomegranate seeds are great for a flash of colour and burst of flavour.
- 5** Finally, divide your couscous into 4 containers, top with two pieces of marinated chicken and finish with a sprinkle of coriander.