

Moroccan Chicken Couscous

Traffic light category: **Green**

Serves: 8

Ingredients

Chicken

- 2 tablespoon olive oil
- ¼ cup lemon juice
- 2 tablespoons Moroccan seasoning
- 4 skinless chicken breast fillets, trimmed & halved lengthways or 650g of skinfree cooked, chopped chicken meat

Moroccan Couscous

- 1½ cups couscous
- ⅓ cup currants
- 1½ tablespoons balsamic vinegar
- 200g grape tomatoes, halved
- 75g baby spinach

Method

1. Combine oil, lemon juice and seasoning in a shallow dish, add chicken and turn to coat
2. For the couscous: place couscous in a heat proof bowl, pour over 1 ½ cups boiling water, stir then cover and let stand for 5 minutes or until liquid is absorbed. Using a fork, stir to separate grains
3. Place currants, vinegar and 1 tablespoon of cold water in a microwave-safe bowl. Microwave on medium heat (50%) for 1 to 2 minutes or until heated through
4. Add currant mixture, tomatoes and spinach to couscous, season with pepper, toss to combine
5. Heat a greased barbecue plate or char grill over medium-high heat. Cook chicken, brushing with oil mixture for 2 minutes each side or until cooked through. If using precooked chicken meat simply toss chicken in a hot frypan or on a grill for 60 seconds to warm through
6. Serve chicken with couscous. .

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	1293kJ	665kJ
Protein	27.8g	14.3g
Total fat	6.5g	3.3g
Saturated fat	1.3g	0.7g
Carbohydrate	32.6g	16.8g
Sugars	6.6g	3.4g
Dietary fibre	3.1g	1.6g
Sodium	311.4mg	160mg

Adapted from taste.com



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