



Herby chicken breasts with hummus and tabouleh

Recipe by Anna Gare

Presented at the 2018 WASCA Food Forum, supported by *Eat brighter Live Lighter*

Traffic light category: **Green**

Serves: 20

Herby chicken breast

Ingredients

10 chicken breasts (200g each)
1 tablespoon of chopped fresh thyme
1 tablespoon of chopped fresh oregano
2 teaspoon minced garlic
Juice and rind of ½ a lemon
Black pepper (just a little)
2 tablespoons grapeseed or olive oil

Method

Preheat oven 180°C
Flatten chicken and cut each breast in half
Combine herb mix in a large bowl
Toss chicken breasts in mixture
Transfer to a lined baking tray and cover with foil
Bake in oven for approximately 25 to 30 minutes

Hummus

Ingredients

2x 400g tins chickpeas drained and rinsed
3 garlic cloves, crushed
1 teaspoon sea salt
2 teaspoons cumin seeds, lightly roasted and ground
3 tablespoons tahini
1/3 cup lemon juice or more to taste
1/3 cup hot water
1/4 cup olive oil
Paprika and a drizzle of extra-virgin olive oil, to serve

Method

Blend all ingredients together in a blender until smooth and creamy
Add a little more liquid if it needs extra to blend to a smooth consistency
Taste to make sure you have a good balance of flavours and adjust accordingly; more lemon for zing or olive oil to tone it down. If you are happy with the balance of flavours just add water if needed.



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Tabouleh

Ingredients

1.5 cups uncooked whole-wheat couscous
(this makes 5 cups cooked couscous)
1.5 cups water boiling water
½ teaspoon of salt
4 large firm tomatoes finely diced
1 long Lebanese cucumber, finely diced
1 large red onion finely diced
4 cups chopped fresh flat-leaf parsley
1½ cups chopped fresh mint
½ cup fresh lemon juice
1/3 cup extra-virgin olive oil
3 garlic cloves, finely chopped
1teaspoon honey
½ teaspoon salt
Freshly ground black pepper



Method

To cook the couscous place in a large stainless bowl and pour boiling water over to just cover it. Cover with plastic wrap and set aside to cool.

Meanwhile prepare the salad ingredients in a large bowl

Combine all dressing ingredients together in a jar and shake

Fluff the couscous with a fork and add to the salad

Pour over dressing and mix together well

Serve tabouleh with chicken and hummus in a wrap or on a plate with flat bread- Mediterranean style!

Herby chicken wrap

To make one Mediterranean style wrap:

Spread 2 tablespoons of hummus in the centre of a soft wrap

Top with cooked herby chicken (100g)

Add 125g tabouleh

Wrap and serve, delicious!

A note from Anna

The tabouleh keeps for up to 3 days in the fridge and instead of couscous you can use quinoa (as pictured) or finely shredded kale to increase volume. When adding volume to salad you will need to increase dressing. Instead of tomatoes and cucumbers you can add roasted sweet potatoes or pumpkin along with steamed broccoli or peas.



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