Chicken Couscous Recipes

Serves 4 | Difficulty: Easy | Prep: 15 min | Cook: 20 min



INGREDIENTS

- 1 1/2 lb (680 g) boneless skinless chicken breast
- 1 tbsp (15 ml) olive oil
- 1/2 tsp (3 g) fine salt
- 1/4 tsp (0.5 g) black pepper
- 1 cup (170 g) instant couscous
- 1 cup (240 ml) boiling chicken broth
- 1 cucumber (200 g), diced
- 1 cup (150 g) cherry tomatoes, halved
- 2 tbsp (30 ml) lemon juice
- 1 tsp (2 g) cumin

METHOD

1. Cut chicken into cubes; season with salt, pepper and cumin.

2. Sauté in oil 8-12 minutes until 165°F (74°C).

3. Pour boiling broth over instant couscous, cover off heat 5 minutes, then fluff.

4. Divide couscous and chicken among bowls; add cucumber, tomatoes and lemon juice.

5. Use instant couscous, not pearl couscous.

Doneness: Cook chicken to 165°F (74°C), checked in the thickest pieces with a food thermometer. **Storage:** Refrigerate in shallow covered containers within 2 hours; use within 3-4 days. Reheat cooked chicken and cooked sides to 165°F (74°C). Use an oven for breaded chicken; warm sauces gently. Add fresh toppings after reheating.

Recipe prepared for home cooking. Use clean utensils and avoid cross-contamination between raw chicken and ready-to-eat foods.