

# Moroccan chicken couscous

SERVES 4 PREP 15mins COOK 40mins

MODERATELY EASY



**Low  
saturated  
fat**

*\* This recipe also works well with chicken cooked on a barbecue*

- 3 tsp The Co-operative ground coriander
- 1 tsp The Co-operative ground cinnamon
- 1 tsp The Co-operative paprika
- 600g The Co-operative Elmwood skinless boneless chicken thighs
- spray oil
- 2 lemons, 1 juiced, 1 zest grated and juiced
- 250g couscous

- 300ml water
- 50g pistachios, chopped
- 75g The Co-operative ready-to-eat dried apricots, chopped
- 20g fresh mint, chopped

1 Pre-heat oven to 200°C/Gas 6. Combine the coriander, cinnamon and paprika in a bowl. Dust the chicken with the spice mix, reserving 2 tsp. Spray oil into an ovenproof dish and place the chicken in it. Pour over the juice of one lemon and roast in the oven for 40 minutes.

2 Meanwhile, mix the couscous in a bowl with the reserved spices. Add boiling water, cover with clingfilm and leave for 5 mins.  
3 Fluff the couscous with a fork. Add the pistachios, apricots, mint and the zest and juice of the second lemon. Tear chicken into strips and mix together with the couscous.

<b>Calories</b> 430	<b>Fat</b> 12.2g	<b>Sat Fat</b> 2.2g	<b>Sugars</b> 8.9g	<b>Salt</b> 0.4g
approx. per serving				

The **co-operative**  
good with food