

Moroccan Spiced Cous Cous and Chicken

Ingredients

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- 1 tsp oil
- 400g chicken breast
 - 1 x onion
 - 1 x pepper
 - 1 x garlic clove
 - 1 tsp paprika
 - 1 tsp turmeric
 - 1 tsp cumin
- 200g frozen peas
- 1 x tin chickpeas
- 450g veg stock
- 120g cous cous

Method

1. In a medium pan heat a dash of oil until hot.
2. Add the chicken, onion and pepper and saute for 10 minutes.
3. Add the garlic, paprika, turmeric and cumin and stir fry for another minute.
4. Add in your frozen veg and chickpeas, followed by the stock. Stir and cook for 5 minutes.
5. Add in your cous cous and cook until cous cous has absorbed the majority of the stock and increased in size.

The Finer Details

Per Portion

412 calories
50g carbs
35g protein
8g fat
