

VEGETABLE AND CITRUS COUSCOUS

WITH MARINATED CHICKEN BREAST, YOGHURT AND CUCUMBER SAUCE

02

RECIPES

EN-ROUTE



INGREDIENTS



1 PERSON

Vegetable couscous:

100g couscous
1 piece of red pepper
1 piece of green pepper
1 piece of cucumber
1/4 spring onion
1/2 avocado
1 squeezed orange
1 squeezed lemon
1 pinch of curry powder
Salt and black pepper
10 mint leaves, chopped

Yoghurt and cucumber sauce:

2 tablespoons plain yoghurt
Juice of 1 lemon
Salt and black pepper
1 piece of chopped spring onion
1 splash of olive oil
1 piece of chopped cucumber

Marinated chicken breast:

1 chicken breast
Salt and pepper
1 lemon
1 teaspoon of cumin, paprika, and garlic powder

STEPS TO FOLLOW

1 Couscous:

Heat the water with salt, black pepper, and curry powder, without bringing to the boil. Once it is hot, pour the couscous on top, cover it, and leave it for 5 minutes. After that time, remove it with a fork. Now chop the vegetables. Mix them with the couscous, orange juice, lemon juice, and the chopped mint. Take it off the heat and set to one side.

2 Yoghurt and cucumber sauce:

Chop the spring onion and cucumber.
Mix all the ingredients in a container and set aside.

3 Chicken breast:

Marinate the chicken breast with the spices, salt and pepper, and lemon juice. Brown it on the grill. Now, serve the couscous, put the chicken breast on the side and the yoghurt sauce on the top.

If you want to make this recipe for more people, just multiply the quantities by the number of guests.

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YOUR DIET
EN-ROUTE

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