



PARISIENNE CHICKEN

with Chickpeas and Couscous



HELLO MINT

Minty things taste cool because menthol affects the same sensors in the mouth that respond to temperature.



Chicken Mini Fillets



Parisienne Herbs



Red Pepper



Chickpeas



Mint



Couscous



Chicken Stock Powder



Finely Chopped Tomatoes with Garlic & Onion



Natural Yoghurt

MEAL BAG
15

15 mins

2 of your 5 a day

Medium heat

Rapid recipe

Think you need a whole day to make a casserole? Think again! This summery dish of chicken, chickpeas, Parisienne herbs, tomatoes and peppers served with fluffy couscous is ready in just 15 short minutes.

GET PREPARED!

Fill and boil your Kettle

BEFORE YOU START

🍷 Fill and boil your **Kettle** | 🧼 Wash the veggies. | 🍴 Make sure you've got a **Large Frying Pan, Sieve, Mixing Bowl, Measuring Jug**, and some **Clingfilm**. Let's start cooking the **Chicken & Chickpeas with Couscous**.



1 START THE CHICKEN

- Heat a splash of **oil** in a large frying pan over medium-high heat.
- Add the **chicken** and sprinkle over the **Parisienne herbs**.
- Brown for 2-3 mins on each side.



4 SIMMER THE SAUCE

- Add the **pepper** to the **chicken**. Stir and cook for 2 mins.
- Add the **chopped tomatoes** and the **chickpeas**. Lower the heat to medium and simmer until the **pepper** is soft and the **chicken** is cooked through, 5 mins.
- ★ **TIP:** If the sauce is a bit thick add a splash of water.
- ❗ **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



2 PREP TIME

- Meanwhile, halve, then remove the core from the **pepper** and roughly chop into small pieces.
- Drain the **chickpeas** in a sieve.
- Pick the **mint leaves** from their stalks and roughly chop (discard the stalks).



5 FINISH OFF

- Fluff the **couscous** up with a fork and stir through **half** the **mint**.
- Taste and add **salt** and **pepper** if necessary.
- Share the **couscous** between your bowls.



3 COOK THE COUSCOUS

- Put the **couscous** in a mixing bowl. Pour the boiling **water** (see ingredients for amount) into a measuring jug and stir in the **stock powder**.
- Pour the **stock** over the **couscous**, cover tightly with clingfilm or a plate and leave to the side for 10 mins or until ready to serve.



6 SERVE

- Season the **chicken stew** to taste with **salt** and **pepper**.
- Spoon on top of your **couscous**.
- Finish with a spoonful of **yoghurt** and a final sprinkle of remaining **mint**.

ENJOY!

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Chicken Mini Fillets	280g	420g	560g
Parisienne Herbs	1 pot	1½ pots	2 pots
Red Pepper	1	2	2
Chickpeas	1 carton	1½ carton	2 cartons
Mint	½ bunch	1 bunch	1 bunch
Couscous (13)	150g	225g	300g
Water*	300ml	450ml	600ml
Chicken Stock Powder	½ pot	¾ pot	1 pot
Finely Chopped Tomatoes with Garlic & Onion	1 carton	1½ cartons	2 cartons
Natural Yoghurt (7)	½ pouch	¾ pouch	1 pouch

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 651G	PER 100G
Energy (kcal)	758	116
(kJ)	3171	487
Fat (g)	9	1
Sat. Fat (g)	2	1
Carbohydrate (g)	90	14
Sugars (g)	20	3
Protein (g)	72	11
Salt (g)	2.63	0.40

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk (13) Gluten

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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