



5-a-day couscous

 Dairy Free  Very Healthy

READY IN



40 min.

SERVINGS



1

CALORIES



1094 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 medium courgette cut into small chunks
- ☐ 1 medium carrots cut into small chunks
- ☐ 1 medium onion red cut into wedges
- ☐ 85 g mushroom quartered
- ☐ 1 handful cherry tomatoes (8)
- ☐ 2 garlic cloves peeled
- ☐ 1 tbsp olive oil
- ☐ 0.5 tsp paprika

- ☐ 0.5 tsp chilli flakes dried
- ☐ 2 chicken thighs bone-in
- ☐ 50 g couscous
- ☐ 0.5 small pack parsley roughly chopped

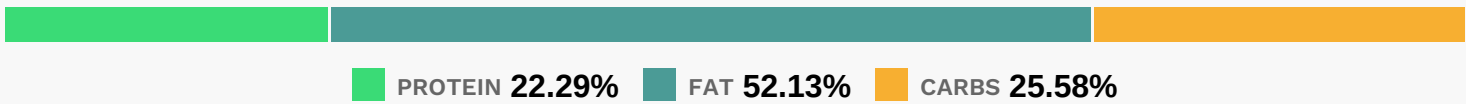
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat the oven to 200C/180C fan/gas
- ☐ Put the vegetables and garlic on a baking tray. Season well, drizzle with 1 tbsp olive oil and mix until everything is coated.
- ☐ Sprinkle the spices and some seasoning over the chicken thighs, then rub into the skin and flesh.
- ☐ Drizzle a little oil over the skin and nestle the thighs among the veg. Roast in the oven for 25-30 mins until the vegetables are starting to crisp and the chicken is cooked through.
- ☐ About 10 mins before the chicken and vegetables are done, put the couscous in a bowl and just cover with boiling water, cover with cling film and set aside for 5 mins.
- ☐ Fork through the couscous to separate the grains. Toss the vegetables and parsley or mint through the couscous, season, then transfer to a serving plate. Top with the chicken and drizzle over the sweet chilli sauce, if you like.

Nutrition Facts



Properties

Glycemic Index:262.83, Glycemic Load:29.58, Inflammation Score:-10, Nutrition Score:50.529565292856%

Flavonoids

Apigenin: 1.1mg, Apigenin: 1.1mg, Apigenin: 1.1mg, Apigenin: 1.1mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 24.38mg, Quercetin: 24.38mg, Quercetin: 24.38mg, Quercetin: 24.38mg

Nutrients (% of daily need)

Calories: 1094.29kcal (54.71%), Fat: 63.9g (98.31%), Saturated Fat: 15.27g (95.44%), Carbohydrates: 70.54g (23.51%), Net Carbohydrates: 60.24g (21.91%), Sugar: 16.25g (18.05%), Cholesterol: 283.22mg (94.41%), Sodium: 320.91mg (13.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 61.49g (122.98%), Vitamin A: 12080.17IU (241.6%), Vitamin B3: 20.52mg (102.61%), Vitamin B6: 1.85mg (92.48%), Selenium: 64.45µg (92.07%), Vitamin C: 68.15mg (82.6%), Phosphorus: 779.39mg (77.94%), Manganese: 1.27mg (63.34%), Vitamin B2: 1.06mg (62.27%), Potassium: 2048.21mg (58.52%), Vitamin B5: 5.7mg (57.03%), Vitamin K: 43.79µg (41.7%), Fiber: 10.3g (41.21%), Copper: 0.81mg (40.41%), Vitamin B1: 0.59mg (39.25%), Zinc: 5.7mg (38.01%), Magnesium: 150.15mg (37.54%), Vitamin B12: 1.88µg (31.39%), Folate: 124.12µg (31.03%), Vitamin E: 4.43mg (29.55%), Iron: 5.17mg (28.75%), Calcium: 140.28mg (14.03%), Vitamin D: 0.46µg (3.06%)