



Chicken & vegetable stew with wholemeal couscous

 Dairy Free

READY IN



40 min.

SERVINGS



2

CALORIES



676 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 2 chicken breast skinless cut into chunks
- ☐ 1 small onion sliced
- ☐ 1 garlic clove crushed
- ☐ 1 pinch bell pepper
- ☐ 50 g peas halved
- ☐ 50 g asparagus

- ☐ 50 g peas
- ☐ 50 g cherry tomatoes halved
- ☐ 150 ml chicken stock see
- ☐ 140 g couscous

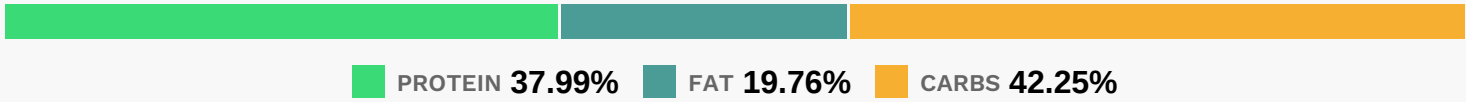
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Heat the oil in a pan, cook the chicken for 5–6 mins, then remove with a slotted spoon.
- ☐ Add onion and cook for 2–3 mins before adding the garlic, paprika, saffron, sweetcorn, asparagus, peas and tomatoes. Cook for 2–3 mins more. Return the chicken to the pan, pour in the stock, then cover and simmer for 15 mins.
- ☐ Meanwhile, cook the couscous following pack instructions. To serve, fluff the couscous with a fork and divide between 2 bowls before spooning over the stew.

Nutrition Facts



Properties

Glycemic Index:137.33, Glycemic Load:35.89, Inflammation Score:–8, Nutrition Score:35.182173863701%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.18mg, Isorhamnetin: 3.18mg, Isorhamnetin: 3.18mg, Isorhamnetin: 3.18mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 10.8mg, Quercetin: 10.8mg, Quercetin: 10.8mg, Quercetin: 10.8mg

Nutrients (% of daily need)

Calories: 676.47kcal (33.82%), Fat: 14.52g (22.33%), Saturated Fat: 2.64g (16.49%), Carbohydrates: 69.85g (23.28%), Net Carbohydrates: 62.17g (22.61%), Sugar: 6.65g (7.39%), Cholesterol: 146.92mg (48.97%), Sodium: 385.52mg (16.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 62.81g (125.62%), Vitamin B3: 28.7mg (143.48%), Selenium: 75.98µg (108.55%), Vitamin B6: 2.01mg (100.26%), Phosphorus: 700.72mg (70.07%), Manganese: 0.92mg (46.07%), Vitamin B5: 4.3mg (42.97%), Vitamin C: 33.66mg (40.8%), Potassium: 1317.53mg (37.64%), Vitamin B1: 0.48mg (32.17%), Fiber: 7.69g (30.75%), Magnesium: 118.79mg (29.7%), Vitamin B2: 0.46mg (27.27%), Vitamin K: 28.51µg (27.15%), Copper: 0.45mg (22.36%), Folate: 82.52µg (20.63%), Zinc: 2.87mg (19.11%), Iron: 3.33mg (18.51%), Vitamin A: 780.32IU (15.61%), Vitamin E: 1.96mg (13.09%), Vitamin B12: 0.45µg (7.53%), Calcium: 62.5mg (6.25%), Vitamin D: 0.23µg (1.51%)