



## Curried Couscous-Stuffed Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



497 kcal

SIDE DISH

### Ingredients

- ☐ 3 tablespoons almonds sliced
- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup couscous uncooked
- ☐ 0.8 teaspoon curry powder
- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 2 teaspoons ginger fresh grated peeled
- ☐ 3 garlic cloves minced
- ☐ 3 tablespoons golden raisins

- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.8 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1.5 tablespoons mango chutney
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion chopped
- ☐ 0.3 cup orange juice
- ☐ 1 teaspoon salt divided
- ☐ 36 ounce chicken breast halves boneless skinless
- ☐ 0.3 cup water
- ☐ 3 quarts water

## Equipment

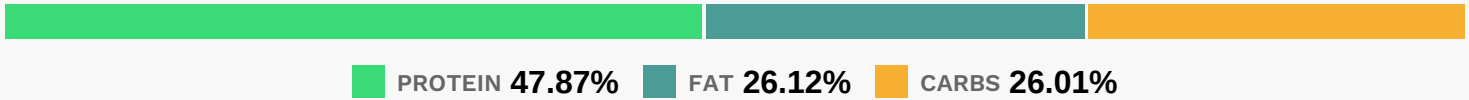
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ plastic wrap
- ☐ meat tenderizer

## Directions

- ☐ Heat oil in a small saucepan over medium-high heat.
- ☐ Add onion, ginger, and garlic; saut 2 minutes or until onion is tender. Stir in raisins and almonds; saut 1 minute. Stir in 1/4 cup water, juice, 1 1/2 tablespoons chutney, cumin, curry, 1/4 teaspoon salt, red pepper, and cinnamon. Bring to a boil; gradually stir in couscous.
- ☐ Remove from heat; cover and let stand 5 minutes. Fluff with a fork.
- ☐ Transfer couscous mixture to a bowl; cool 5 minutes. Stir in cilantro; set aside.
- ☐ Slice each breast half lengthwise, cutting to, but not through, other side. Open halves, laying breast flat.

- ☐ Place each breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/4-inch thickness using a meat mallet or small heavy skillet.
- ☐ Sprinkle chicken with remaining 3/4 teaspoon salt and black pepper. Divide couscous mixture into 6 equal portions; spoon each portion down center of each breast half, leaving a 1/2-inch border at each end. Fold sides over filling.
- ☐ Place a 2-foot-long sheet of heavy-duty plastic wrap on a work surface with 1 of the long sides hanging over the counter's edge by 2 inches.
- ☐ Place a stuffed breast half, seam side down, on the end farthest from you, and tightly roll the breast toward you, jelly-roll fashion. Twist the ends in opposite directions to form a cylinder. Tie plastic wrap in tight knots against the breast half on each end. Trim off excess wrap close to the knot.
- ☐ Place a second 2-foot-long sheet of heavy-duty plastic wrap on the work surface; place rolled breast on wrap, and repeat procedure. Repeat with remaining chicken breast halves.
- ☐ Bring 3 quarts water to a boil in a large stockpot; add chicken. Simmer 20 minutes (do not boil), turning occasionally.
- ☐ Remove from water, and let stand 10 minutes before unwrapping and cutting into 1/2-inch-thick slices. Top each serving with 1 tablespoon mango chutney, if desired.

## Nutrition Facts



## Properties

Glycemic Index:105.42, Glycemic Load:15.97, Inflammation Score:-6, Nutrition Score:28.441739103068%

## Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg

Nutrients (% of daily need)

Calories: 496.73kcal (24.84%), Fat: 14.22g (21.88%), Saturated Fat: 2.28g (14.27%), Carbohydrates: 31.86g (10.62%), Net Carbohydrates: 28.98g (10.54%), Sugar: 12.84g (14.27%), Cholesterol: 163.29mg (54.43%), Sodium: 921.34mg (40.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 58.64g (117.27%), Vitamin B3: 27.67mg (138.33%), Selenium: 82.73µg (118.18%), Vitamin B6: 2.04mg (102.15%), Phosphorus: 626.67mg (62.67%), Vitamin B5: 3.94mg (39.4%), Potassium: 1202.9mg (34.37%), Magnesium: 111.85mg (27.96%), Manganese: 0.49mg (24.33%), Vitamin B2: 0.4mg (23.26%), Vitamin E: 3.07mg (20.45%), Copper: 0.38mg (18.95%), Vitamin C: 14.24mg (17.26%), Vitamin B1: 0.24mg (15.73%), Zinc: 2.06mg (13.72%), Iron: 2.14mg (11.91%), Fiber: 2.88g (11.52%), Vitamin B12: 0.51µg (8.5%), Calcium: 83.21mg (8.32%), Folate: 27.01µg (6.75%), Vitamin K: 4.43µg (4.22%), Vitamin A: 157.05IU (3.14%), Vitamin D: 0.26µg (1.7%)