



Lemon chicken with fruity olive couscous

 Dairy Free

READY IN



28 min.

SERVINGS



4

CALORIES



722 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken breast skinless
- ☐ 2 juice of lemon
- ☐ 2 tbsp olive oil
- ☐ 1 tsp pepper dried
- ☐ 3 garlic clove crushed
- ☐ 200 g couscous
- ☐ 85 g golden raisins
- ☐ 250 ml chicken stock see hot

- ☐ 85 g olive green pitted
- ☐ 400 g garbanzo beans drained canned
- ☐ 2 tbsp flat parsley chopped

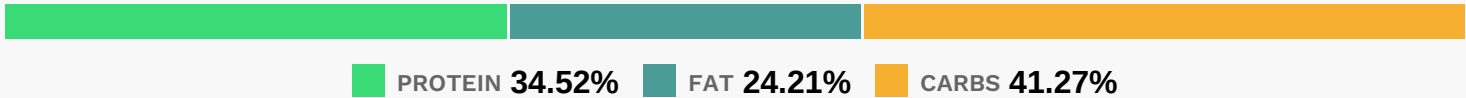
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Butterfly the chicken breasts by cutting through the thickest part of the breast, stopping 1cm before the edge, then opening out like a book.
- ☐ Whisk together the lemon juice, olive oil, chilli flakes and garlic.
- ☐ Pour half over the chicken and marinate for 15 mins.
- ☐ Meanwhile, put the couscous and sultanas in a bowl, then pour over the stock. Cover the bowl with cling film and leave for 5 mins.
- ☐ Heat a griddle or non-stick frying pan, remove the chicken from the marinade and cook for 4 mins on each side until golden and cooked through.
- ☐ Fluff up the couscous with a fork and stir in the olives, chickpeas, parsley and the other half of the marinade. Season and serve with the chicken.

Nutrition Facts



Properties

Glycemic Index:56, Glycemic Load:36.53, Inflammation Score:-7, Nutrition Score:34.656521600226%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 4.1mg, Apigenin: 4.1mg, Apigenin: 4.1mg, Apigenin: 4.1mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg

Kaempferol: 0.61mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 722.08kcal (36.1%), Fat: 19.37g (29.8%), Saturated Fat: 3.2g (20%), Carbohydrates: 74.31g (24.77%), Net Carbohydrates: 65.53g (23.83%), Sugar: 14.15g (15.72%), Cholesterol: 146.54mg (48.85%), Sodium: 979.81mg (42.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 62.14g (124.27%), Vitamin B3: 26.85mg (134.27%), Vitamin B6: 2.38mg (119.08%), Selenium: 76.49µg (109.28%), Phosphorus: 689.25mg (68.93%), Manganese: 1.36mg (67.92%), Vitamin B5: 4.22mg (42.21%), Potassium: 1342.04mg (38.34%), Vitamin K: 37.56µg (35.77%), Fiber: 8.78g (35.12%), Magnesium: 123.23mg (30.81%), Copper: 0.49mg (24.57%), Vitamin B2: 0.39mg (22.78%), Vitamin B1: 0.3mg (19.83%), Iron: 3.52mg (19.54%), Zinc: 2.66mg (17.71%), Vitamin E: 2.52mg (16.81%), Vitamin C: 12.66mg (15.34%), Folate: 54.58µg (13.65%), Vitamin A: 477.62IU (9.55%), Calcium: 91.83mg (9.18%), Vitamin B12: 0.45µg (7.53%), Vitamin D: 0.23µg (1.51%)