



Lemony roast chicken couscous

 Dairy Free  Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



793 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken breast strips/pre-cooked/chopped skinless sliced
- ☐ 1 juice of lemon
- ☐ 3 tbsp olive oil
- ☐ 300 g couscous
- ☐ 400 ml chicken stock see hot
- ☐ 250 g cherry tomatoes halved
- ☐ 50 g pinenuts toasted
- ☐ 1 large handful mint leaves

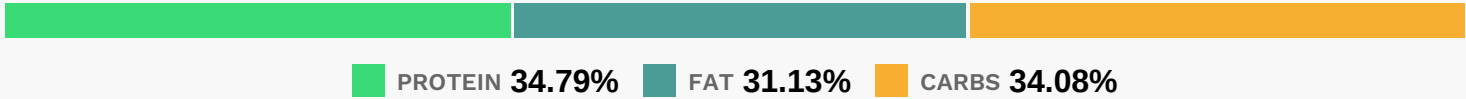
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Place the chicken in a shallow dish.
- ☐ Whisk together lemon zest and juice, and olive oil, season, if you want, then pour over the chicken. Cover and leave to marinate for 10 mins in the fridge.
- ☐ Meanwhile, put the couscous in a bowl and pour over the hot stock. Leave until the stock is absorbed, about 10 mins. Fluff up with a fork, cool for a few mins. Fold in the tomatoes, nuts and half the mint, then season to taste.
- ☐ Drain the lemony marinade from the chicken and mix two-thirds of it in with the couscous.
- ☐ Pile the chicken on top of the couscous, drizzle over the remaining juices and top with the rest of the mint.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:35.31, Inflammation Score:-7, Nutrition Score:30.580869358519%

Flavonoids

Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg Hesperetin: 1.19mg, Hesperetin: 1.19mg, Hesperetin: 1.19mg, Hesperetin: 1.19mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 792.86kcal (39.64%), Fat: 26.98g (41.51%), Saturated Fat: 4.23g (26.42%), Carbohydrates: 66.46g (22.15%), Net Carbohydrates: 61.71g (22.44%), Sugar: 3.8g (4.22%), Cholesterol: 149.24mg (49.75%), Sodium: 287.56mg (12.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 67.85g (135.7%), Vitamin B3: 28.71mg (143.55%), Manganese: 1.79mg (89.64%), Selenium: 50.11µg (71.59%), Phosphorus: 637.75mg (63.78%), Vitamin B6:

1.24mg (62.11%), Magnesium: 125.19mg (31.3%), Vitamin B5: 2.72mg (27.25%), Copper: 0.54mg (27.03%), Potassium: 895.73mg (25.59%), Vitamin E: 3.53mg (23.56%), Vitamin B1: 0.35mg (23.25%), Vitamin B2: 0.39mg (22.75%), Zinc: 3.39mg (22.62%), Iron: 4.04mg (22.46%), Vitamin C: 17.77mg (21.54%), Fiber: 4.75g (19.01%), Vitamin K: 15.53µg (14.79%), Folate: 41.97µg (10.49%), Vitamin B12: 0.58µg (9.75%), Vitamin A: 391.34IU (7.83%), Calcium: 58.7mg (5.87%), Vitamin D: 0.17µg (1.15%)