



Roast chicken with couscous & pine nut stuffing

READY IN



110 min.

SERVINGS



8

CALORIES



621 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 100 g couscous
- ☐ 175 ml chicken stock see boiling
- ☐ 50 g butter
- ☐ 1 onion finely chopped
- ☐ 1 garlic clove crushed
- ☐ 100 g pinenuts
- ☐ 140 g apricot dried roughly chopped
- ☐ 1 large handful parsley roughly chopped

- ☐ 2 tbsp mint leaves roughly chopped
- ☐ 1 optional: lemon
- ☐ 1 eggs beaten
- ☐ 6 chicken breast skinless
- ☐ 16 bacon

Equipment

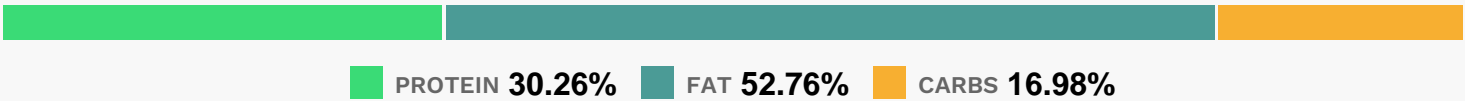
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ aluminum foil
- ☐ metal skewers

Directions

- ☐ Put couscous in a large heatproof bowl, pour over stock, then cover with cling film for 5 mins until liquid is absorbed. Melt half the butter in a pan, then gently cook onion and garlic for 5–8 mins until soft. Set aside. Dry-fry pine nuts for a few mins until golden.
- ☐ Combine onions, pine nuts, apricots and herbs with couscous.
- ☐ Add a good squeeze of lemon juice, season, then stir in egg. Leave to cool.
- ☐ Using the back of a knife, stretch rashers to 1 times their original length.
- ☐ Lay, slightly overlapping, on a large sheet of foil to form a rectangle. Make a few slashes in the thickest part of each chicken breast and lay between 2 sheets of cling film. Use the base of a heavy pan to bash the chicken until about 1cm thick. Arrange chicken over the bacon, fitting so there are no gaps, but leave a border on longer sides. (This helps to roll up the chicken.)
- ☐ Spoon stuffing over chicken in a strip along one of the longest sides. Using tin foil to help, roll bacon and chicken around stuffing like a log. Wrap tightly in foil, twisting the ends to secure, then chill for 2 hrs or up to 1 day.
- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Place chicken, join-side down, in a roasting tray. Cook for 30 mins, then unwrap foil and brush roast with remaining butter. Cook, uncovered, for 20–30 mins more until cooked through, and

the stuffing is hot (a metal skewer inserted into the chickens centre should come out hot).
Cool and wrap in fresh foil to transport.

Nutrition Facts



Properties

Glycemic Index:32.86, Glycemic Load:9.67, Inflammation Score:-8, Nutrition Score:28.926956549935%

Flavonoids

Eriodictyol: 3.01mg, Eriodictyol: 3.01mg, Eriodictyol: 3.01mg, Eriodictyol: 3.01mg Hesperetin: 3.81mg, Hesperetin: 3.81mg, Hesperetin: 3.81mg, Hesperetin: 3.81mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 1.1mg, Apigenin: 1.1mg, Apigenin: 1.1mg, Apigenin: 1.1mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg

Nutrients (% of daily need)

Calories: 621.11kcal (31.06%), Fat: 36.49g (56.15%), Saturated Fat: 10.91g (68.19%), Carbohydrates: 26.42g (8.81%), Net Carbohydrates: 23.39g (8.5%), Sugar: 11.1g (12.33%), Cholesterol: 172.08mg (57.36%), Sodium: 572.17mg (24.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.1g (94.19%), Vitamin B3: 21.29mg (106.45%), Selenium: 65.97µg (94.25%), Vitamin B6: 1.49mg (74.66%), Manganese: 1.3mg (65.21%), Phosphorus: 550.54mg (55.05%), Potassium: 1090.29mg (31.15%), Vitamin B5: 3.08mg (30.84%), Magnesium: 96.62mg (24.15%), Vitamin B1: 0.32mg (21.46%), Vitamin A: 950.4IU (19.01%), Vitamin B2: 0.31mg (18.28%), Vitamin E: 2.67mg (17.81%), Zinc: 2.63mg (17.56%), Copper: 0.35mg (17.48%), Vitamin K: 16.38µg (15.6%), Vitamin C: 11.44mg (13.86%), Iron: 2.41mg (13.39%), Fiber: 3.03g (12.13%), Vitamin B12: 0.62µg (10.31%), Folate: 24.49µg (6.12%), Calcium: 39.56mg (3.96%), Vitamin D: 0.46µg (3.04%)