



Spicy chicken couscous

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



546 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 250 g couscous
- ☐ 3 tbsp olive oil
- ☐ 1 onion chopped
- ☐ 2 large chicken breast fillets boneless skinless sliced
- ☐ 85 g blanched almonds and
- ☐ 1 tbsp curry paste hot
- ☐ 100 g ready-to-eat apricots halved
- ☐ 20 g pack 1oz coriander fresh

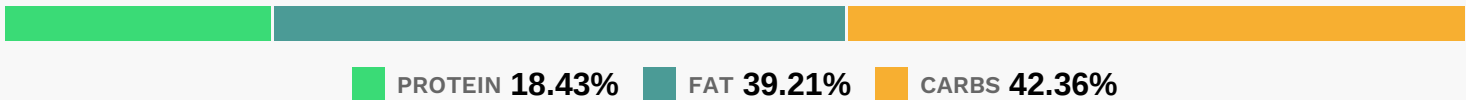
Equipment

☐ frying pan

Directions

- ☐ Prepare couscous with chicken stock, according to the packet instructions.
- ☐ Heat olive oil in a pan and cook the onion for 2–3 mins until softened.
- ☐ Toss in chicken breast fillets and stir fry for 5–6 mins until tender.
- ☐ Add the blanched almonds and, when golden, stir in the hot curry paste and cook for 1 min more.
- ☐ Add the couscous along with the apricots and the coriander. Toss until hot then serve with plain yogurt if you like.

Nutrition Facts



Properties

Glycemic Index:41.42, Glycemic Load:30.95, Inflammation Score:-8, Nutrition Score:20.370434667753%

Flavonoids

Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg 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: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.64mg, Quercetin: 8.64mg, Quercetin: 8.64mg, Quercetin: 8.64mg

Nutrients (% of daily need)

Calories: 546.07kcal (27.3%), Fat: 23.95g (36.84%), Saturated Fat: 2.82g (17.61%), Carbohydrates: 58.22g (19.41%), Net Carbohydrates: 51.75g (18.82%), Sugar: 4.77g (5.3%), Cholesterol: 36.16mg (12.05%), Sodium: 79.75mg (3.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.33g (50.67%), Manganese: 0.96mg (48.1%), Vitamin E: 7.02mg (46.79%), Vitamin B3: 9.06mg (45.28%), Phosphorus: 343.24mg (34.32%), Vitamin A: 1428.51IU (28.57%), Vitamin B6: 0.57mg (28.52%), Selenium: 18.97µg (27.1%), Magnesium: 105.69mg (26.42%), Fiber: 6.47g (25.9%), Vitamin K: 22.87µg (21.78%), Copper: 0.43mg (21.47%), Vitamin B5: 1.77mg (17.71%), Potassium: 583.89mg (16.68%), Vitamin B2: 0.28mg (16.58%), Vitamin B1: 0.2mg (13.47%), Iron: 1.98mg (11%), Zinc: 1.6mg (10.66%), Folate: 35.75µg

(8.94%), Calcium: 86.25mg (8.63%), Vitamin C: 6.88mg (8.34%), Vitamin B12: 0.11µg (1.88%)