

Blackened chicken with Mediterranean vegetable couscous



Prep: 35 mins + 20 mins Marinating

Cook 20 mins

Low fat

Serves 4

Ingredients

4 skinless chicken breasts
400ml Vegetable stock
Seasoning

Mediterranean Vegetable Couscous

200g couscous
300ml vegetable stock
1 red or pepper deseeded and finely diced
1 courgette, finely chopped
2 tbsp olive oil
2 tbsp chopped parsley
Grated zest and juice of 1/2 lemon
seasoning

For the blackened chicken marinade

1/2 tsp ground cumin
1 tsp ground fennel seeds
1 tsp paprika
1 tbsp dark soft brown sugar
2 tbsp light reduced salt soy sauce
1 tsp balsamic vinegar
1 tsp chopped thyme leaves
1 tbsp tomato puree

Mix together all the marinade ingredients in a non-metallic bowl, add the chicken and turn it so it is coated in the marinade. Cover and leave to marinate in the fridge for at least 20 minutes.

Preheat the oven to 200C/400F/Gas 6. Remove the chicken from the marinade and put in a roasting tin. Roast for 15-20 mins until blackened on the outside and the juices run clear when the thickest part of the chicken is pierced with the tip of a sharp knife. Leave the chicken to rest for 2 mins before slicing and serving.

While the chicken is cooking, make the couscous. I use couscous in a bag, to be cooked for 1min 30 sec. Take the bag out as per the packet instructions and fluff up in a bowl.

Put the peppers and courgette in the bowl, drizzle with the oil and toss together, then add them to the couscous with the herbs, lemon zest and juice. Mix together and serve with the chicken.