

# Chicken with Lemon & Courgette Couscous



**Serves 4    Prep 20 mins**

**Cooking 20 mins**

**Easy**

## **Ingredients**

100g couscous  
200 - 250ml hot chicken stock  
1/2 tbsp olive oil  
2 coarsely grated courgettes  
1/2 lemon, juiced - keep a tbsp for later  
1 skinless, boneless chicken breast  
salt & pepper

1. Tip the couscous into a large heatproof bowl, pour over the hot chicken stock, cover and leave for 10 mins until fluffy and all the stock has been absorbed.
2. Heat 1 tbsp olive oil in a pan over a medium heat and fry the coarsely grated courgettes until soft and crisp at the edges. Tip this into the couscous, then season, add the juice of 1/2 lemon and stir.
3. Halve the skinless, boneless chicken breast crosswise and put on a sheet of baking parchment. Cover with another sheet of baking parchment and beat the piece of chicken out into an even thickness using a rolling pin. Season.
4. Heat 1 tbsp olive oil in a large pan over a medium-high heat and fry the chicken for 2 mins on each side, or until cooked through. Add a squeeze of lemon and serve with the couscous.