

Cinnamon Chicken with Couscous



Serves 4

Prep 5 mins

Cooking 15 mins

Easy

Ingredients

55g butter

2 tbsp vegetable oil

4 boneless skinless chicken breasts

2 tsp ground cinnamon

225g couscous

115g ready to eat apricots, chopped

85g sultanas

salt and pepper

parsley sprigs & roasted cherry tomatoes, to garnish

1. Melt the butter and oil in a frying pan. Add the chicken and cook over a medium heat for 15 mins, turning once, until golden, Add the cinnamon and plenty of black pepper, and cook, turning often for 5 mins until the chicken is coated in cinnamon
2. Meanwhile, place the couscous in a large bowl, cover with boiling water and soak for 5 mins, Drain, season and stir in the parsley, apricots and sultanas.
3. Thinly slice the chicken. Spoon the couscous on to plates; top with the chicken. Spoon over the pan juices, garnish and serve.