

Yakitori Chicken with Apricot Couscous



Serves 4 **Prep 15 mins**
+ 1h soaking, marinating

Cook:10 mins

Easy

For the apricot couscous

125g couscous
600ml chicken stock (from a cube)
1/2 lemon, grate the zest and juice
1 tbsp clear honey
2 tbsp chopped chives
1 red onion, finely sliced
200g ready-to-eat apricots or peaches, finely chopped
sea salt & pepper

For the chicken

8 skinless and boneless chicken thighs, halved.

For the Yakitori marinade

250ml low salt soy sauce
125ml chicken stock
125ml sake
125ml mirin
50g dark soft brown sugar

1. Make up the couscous: boil some water and when boiling put in 2 couscous sachets. Leave to boil for 1 min 30 sec. Take out, drain and cut the sachets. Pour in a bowl and fluff up and stir in the lemon zest and juice. Mix in the honey and chives, then the red onion and apricots. Season to taste and leave to one side.
2. Meanwhile, put the marinade ingredients in a saucepan over a medium heat and warm gently until the sugar has dissolved, stirring occasionally. Pour into a bowl or jug, leave to cool slightly, then chill in the fridge for 15 mins.
3. Put the chicken pieces into a bag or bowl and pour over the cooled yakitori marinade. Cover and leave to marinate in the fridge for about 30 minutes.
4. Preheat a griddle pan or barbecue until hot. Thread about 4 pieces of chicken on each skewer.
5. Cook the skewers for 5 mins on each side and finish off in the oven for 15 mins until cooked through and tender. Leave to rest for 1 min, then serve with the apricot couscous.

