



**Forum: International Dishes**

**Topic: recipes to share**

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Posted by: Annie

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Moroccan Spiced Chicken with Couscous Salad

Ingredients:

2 tbs light olive oil

125ml (1/2 cup) lemon juice

3 tsp Moroccan seasoning

4 small chicken breast fillets, trimmed

1 1/4 cups couscous

150g green beans, trimmed, halved and blanched

1/2 red onion, thinly sliced

200g punnet grape tomatoes, halved

1/3 cup pine nuts, toasted

2 tbs chopped fresh continental parsley

2 tbs chopped fresh mint

Method:

Combine 1 tbs oil, 2 tbs lemon juice and Moroccan seasoning in a shallow ceramic dish. Add chicken fillets and coat well in mixture. Cover with plastic wrap and leave in the fridge until ready to cook.

Cook cous cous according to packet directions.

Combine couscous, green beans, onion, tomatoes, pine nuts, parsley, mint and remaining lemon juice in a large serving bowl. Season to taste with salt and pepper.

Cook chicken on a barbeque plate or char-grill for 6-7 mins each side or until cooked

Cut chicken into slices and serve with cous cous salad.

Tip:

To toast pine nuts, place on a baking tray and bake for 3-4 mins in a preheated oven at 180 C. You can substitute chicken for lamb or beef. Cous cous is delicious cooked in stock with a knob of butter.