

## Colourful Cajun Chicken Couscous

**Serves 3-4**

**Preparation Time:** Less than 5 mins

**Cooking Time:** Less than 20 mins

### **Ingredients:**

1 tbsp. of extra olive oil  
1 large red onion, cut into wedges  
1 garlic clove  
1 large skinless chicken breasts,  
1 tbsp. Cajun seasoning (least salty type)  
1 large red capsicums  
Handful of green beans

200g Couscous  
50g dried apricots, sliced and diced  
Small tin (or half a normal tin) of lentils  
Handful of fresh mint, chopped  
A dollop of yogurt



### **Method:**

- 1) Start by boiling a kettle and putting 200g of couscous in a bowl.
- 2) When boiled, pour the water over the couscous to cover it. Then place a plate or cling film over the top of the bowl to seal it and leave for 10mins to soak.
- 2) Whilst the couscous is soaking add 1tbsp of oil to a non stick pan and add the garlic, chopped red onions wedges, capsicum and chicken strips to cook. Then sprinkle the chicken with 1 tbsp. of Cajun seasoning.
- 3) Cook the ingredients in the pan until the chicken is cooked and slightly brown.
- 4) Chop up the 50g of dried apricots, mint and drain a small tin of lentils and mix them in with the cooked couscous with a splash of olive oil.
- 5) Serve the couscous in the middle of the plate and add the chicken and veg on top with a dollop of plain yogurt and mint sprinkled on top.



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