

SPICY CHICKEN WITH COUS COUS AND MEDITERRANEAN VEG

Serves 2

2 (150g/6oz) boneless, skinless corn fed chicken breasts, cut into strips
1 tbsp Ras-al-Hanout (morrocan spice) or 1 tbsp curry powder, 2 tsp paprika and a pinch of ground cinnamon
2 garlic cloves, peeled and crushed
2 tsp olive oil
200g/7oz baby courgettes, trimmed and halved
1 red pepper, deseeded and cut into chunks
4 baby carrots, peeled and halved
8 midi plum tomatoes
150g/6oz cous cous
2 tbsp Alpro soya organic alternative to plain yogurt
1 tbsp fresh coriander leaves

- 1) Preheat the oven to 200°C/Fan180°C/Gas Mark 6. Put the chicken pieces into an ovenproof dish and season with freshly ground black pepper. Sprinkle over the spices, garlic and tsp of olive oil. Cover and leave flavours to mingle for a few minutes or longer if you've time. Roast for 20 mins until the chicken is golden.
- 2) Put the courgettes, red pepper and carrots into a roasting tin and drizzle with the remaining 1 tsp olive oil. Roast for 15 mins, add the tomatoes and cook for five more mins until the vegetables are tender.
- 3) Put the cous cous into a bowl and pour over 200ml boiling water or stock. Leave for a few minutes for all the liquid to absorb.
- 4) Mix together the Alpro soya organic alternative to plain yogurt with the fresh coriander leaves. Serve alongside the spicy chicken and roasted vegetables.

Per serving:
Total calories 466 kcal
g
Total fat 10.8
Saturated fat 2.2
Polyunsaturated fat 3.0
Monounsaturated fat 4.2
Carbohydrates 63
Sugar 21.5
Total Protein 32
(Soya protein 1.9)