

Chicken, Couscous and Veggie Bowl

Serves: 2

Prep time: 15 minutes

Cook time: 30 minutes



2 ½ serves per portion

Ingredients

½ zucchini, diced, 1cm
½ red capsicum, diced, 1cm
½ eggplant, diced, 1cm
1 tablespoon olive oil
1 teaspoon dried oregano
½ teaspoon chicken stock powder
½ cup pearl couscous
½ medium onion, diced
250g chicken breast, diced
½ garlic clove, crushed
1 teaspoon ground cumin
50g feta, reduced fat

Tzatziki (optional):

¼ cucumber, grated
½ cup natural yoghurt, reduced fat
½ teaspoon olive oil
½ tablespoon lemon juice
½ garlic clove, crushed

Method

PREHEAT oven to 180°C.

ADD zucchini, capsicum and eggplant to roasting pan and drizzle with ½ a tablespoon of olive oil and oregano. Roast in oven for 20 minutes.

BRING 1 cup of water to boil in saucepan. Add the stock powder and pearl couscous and simmer for 10 minutes. Stir regularly towards the end to prevent sticking. Rinse couscous and add to medium bowl.

HEAT ½ tablespoon of oil over medium heat in a frypan. Sauté onion for 2 minutes. Add chicken, garlic and cumin, stirring until chicken is cooked through.

COMBINE the chicken and roast vegetables with the couscous. Garnish with feta and a drizzle of tzatziki (optional).

Tzatziki:

SQUEEZE juice from grated cucumber with hands.

ADD cucumber, yoghurt, oil, lemon juice and garlic to a small bowl and mix well.



Everyday Food

Recipe courtesy of the Country Kitchens team

QLD COUNTRY WOMEN'S ASSOCIATION
COUNTRY
Kitchens
Recipe for good health



health+
wellbeing
Queensland



qcwacountrykitchens.com.au