



Chicken couscous and chickpea salad

45 minutes

Hands on

6-8

Portion(s)

1

Difficulty



Method

- The dry chickpeas should be soaked in water overnight.
- Place them in a pot with fresh water and boil them until they soften but are not completely cooked through.
- When ready, drain and set aside.
- To prepare the chicken breasts, drizzle with some olive oil and season with salt and pepper. Add the basil leaves, mint leaves and lime juice. Let them marinate for 5 minutes.
- Place a pan over high heat. Add the chicken and brown for 5 minutes on each side or until they are cooked through.
- When ready, transfer to a plate and let it rest for 5 minutes. Then cut in to slices or cubes.
- In the meantime, add a generous amount of water to a pot and bring to a boil.
- Add salt and the couscous. Boil as directed on the box.
- When ready, drain, transfer to a bowl and drizzle with some olive oil so they don't stick together. Stir and set aside.
- Prepare the dressing in a bowl by combining all of the ingredients (yogurt, mayonnaise, honey, spring onions and the juice from 2 limes).
- Gently toss the dressing with the chicken, chickpeas and couscous.
- Add the cucumber and cherry tomatoes.
- Season to taste and serve.

Ingredients

- 100 g chickpeas, dry
- 2 tablespoon(s) olive oil
- salt
- pepper
- 600 g chicken breast
- 10 basil leaves
- 5 mint leaves
- lime zest, of 2 limes
- 200 g couscous
- 1 cucumber, diced
- 10 cherry tomatoes, diced

For dressing

- 300 g strained yogurt, 2%
- 150 g [homemade mayonnaise](#)
- 1 teaspoon(s) mustard
- 2 tablespoon(s) honey
- spring onion, thinly sliced
- lime juice, of 2 limes
- 1/4 teaspoon(s) ginger, powder

Διατροφικός πίνακας

Nutrition information per portion

385 Calories (kcal)	18.0 Total Fat (g)	2.3 Saturated Fat (g)	29.0 Total Carbs (g)
19%	26%	12%	11%
9.3 Sugars (g)	25.0 Protein (g)	3.4 Fibre (g)	0.36 Sodium (g)
10%	50%	14%	6%