



## CHICKEN WITH BROCCOLI AND COUSCOUS

Nice and easy, quick cook, mid-week meal.

 10 minutes 30 minutes 1 portion

## INGREDIENTS

- 80 grams of broccoli raw
- 140 grams of couscous, cooked
- 1 skinless chicken breast
- Wedge of lemon [50 g]

## COOKING METHOD

- 1° Lightly coat chicken with oil and season with any seasonings (e.g. paprika, cajun, chicken seasoning etc), then air fry on 180-200 for 16-22 minutes (air fryers differ depending on make, so check your manual for precise timings and/or check juices run clear).
- 2° Steam or boil the broccoli until al dente.
- 3° Ten minutes before your chicken is cooked, make the couscous by adding boiling water. You can buy packets of couscous already seasoned, or you can make your own and add your own flavourings (stock cubes / peppers).
- 4° Once everything is prepared/cooked, assemble on a plate or bowl, eat and enjoy.

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (470 g)	% DRI
ENERGY	91 kcal	426 kcal	21 %
PROTEIN	12 g	56 g	112 %
CARBOHYDRATE	10 g	45 g	17 %
SUGARS	0 g	0 g	0 %
FAT	1 g	3 g	4 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	4 %
FIBER	1 g	4 g	16 %
SODIUM	33 mg	153 mg	6 %