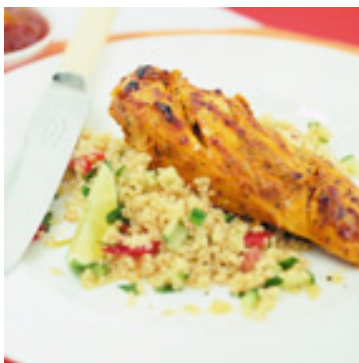


## MARINATED CHICKEN WITH COUSCOUS



**Serves 2**

### INGREDIENTS

- 1 large chicken breast cut into strips
- 4 tbsp low fat natural yoghurt or low fat crème fraise
- 1 tsp pesto
- 1 clove garlic crushed
- 1 red pepper cut into chunks
- 2 large mushrooms. Sliced thickly
- 150g couscous
- 200ml boiling chicken stock
- Grated rind and juice of 1 lemon
- 80g bag rocket leaves
- 2 spring onions sliced

### METHOD

1. Place the chicken, yoghurt or crème fraise, pesto and garlic into a bowl and stir well to combine.
2. Leave to marinate for 20 minutes, then thread the chicken onto skewers with the pepper and mushrooms.
3. Place under a hot grill and cook for 6-7 minutes, turning occasionally.
4. Place the couscous into a bowl, pour over the stock and lemon rind and juice, cover the bowl with cling film and stand for 5 minutes.
5. Stir through the rocket and spring onions and serve with the chicken skewers.