

Chermoula chicken with pumpkin couscous

1 ½ tsp	chermoula spice mix
225g	chicken breast
100g	natural yoghurt
¼ cup	mint leaves, finely chopped
1 tbsp	olive oil
375g	butternut pumpkin (cut into 1 cm dice)
1 cups	frozen peas
½ cup	couscous

1. Rub 1 tsp chermoula into chicken. Place chicken on a plate and cover with plastic wrap. Refrigerate for 20 minutes, if time permits.
2. Combine yoghurt and mint in a bowl. Season with salt and pepper. Cover and refrigerate until ready to serve.
3. Heat oil in a non-stick frying pan over medium heat. Cook chicken for 5 minutes on each side or until cooked. Transfer to a plate. Cover with foil and allow resting for 10 minutes.
4. Meanwhile, place pumpkin in a saucepan and cover with water. Cover and bring to the boil over high heat. Cook for 6 to 8 minutes or until pumpkin is just tender. Add peas. Cover and cook for 1 minute. Drain pumpkin and peas, reserving 1 cup of cooking water. Place vegetables in a bowl. Cover to keep warm.
5. Return cooking water to saucepan. Add remaining chermoula and bring to the boil. Remove from heat and stir in couscous. Cover and stand for 3 minutes or until liquid is absorbed. Stir couscous with a fork to separate grains. Add pumpkin and peas. Stir to combine.
6. Thinly slice chicken. Spoon couscous onto plates. Top with chicken and any juices from plate. Drizzle with minted yoghurt.

Serves 2



Recipe and image by Chef Jason Ford.