

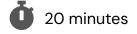




# **Grilled Chicken Schnitzels**

# with Pesto Pearl Couscous

A colourful pearl couscous medley with tomatoes, cucumber and capsicum tossed with cheesy basil pesto and served with grilled chicken schnitzels.





4 servings



# Shred the chicken!

You can shred or finely slice the chicken and toss it together with the pearl couscous to make a chicken salad! This dish will also keep well overnight and is delicious served cold for lunch the next day.

PROTEIN TOTAL FAT CARBOHYDRATES

77g

Lemon

# **FROM YOUR BOX**

PEARL COUSCOUS	300g
CHICKEN SCHNITZELS	600g
LEMON	1
YELLOW CAPSICUM	1
TOMATOES	2
LEBANESE CUCUMBER	1
GREEN PESTO	1 jar

# FROM YOUR PANTRY

oil for cooking, salt, pepper, dried Italian herbs

#### **KEY UTENSILS**

large frypan, saucepan

#### **NOTES**

You can coat the chicken with fresh chopped rosemary or thyme if you have some.

No gluten option - pearl couscous is replaced with gluten-free pasta. Cook pasta in boiling water according to packet instructions or until al dente. Drain and rinse in cold water.



# 1. COOK THE COUSCOUS

Bring a saucepan with water to a boil. Add **pearl couscous** and cook for 8 minutes or until tender but still firm. Drain and rinse in cold water.



# 2. COOK THE CHICKEN

Heat a frypan over medium-high heat with oil. Coat chicken with lemon zest, 2 tsp dried Italian herbs, salt and pepper (see notes). Add to pan and cook for 4-5 minutes each side or until cooked through.



# 3. PREPARE THE SALAD

Dice capsicum, tomatoes and cucumber. Add to a large salad bowl.



# 4. TOSS THE COUSCOUS

Toss cooked pearl couscous with salad, **pesto** and juice from 1/2 lemon (wedge remaining) until well combined. Season with **salt and pepper** to taste.



# **5. FINISH AND SERVE**

Slice chicken and divide among plates with pesto couscous. Serve with lemon wedges.







