



Product Spotlight: Nectarines

Eating nectarines is a healthy way to include vitamins and minerals in your diet. Choose a firm nectarine for a nutritious snack, or serve them sliced with a drizzle of honey for a nutrient-packed dessert!



Spiced Chicken with Summer Pearl Couscous

Honey mustard dressed pearl couscous with sweet nectarines, crisp celery, roast capsicum strips and mesclun leaves; served with spiced chicken schnitzels and finished with walnuts.



20 minutes



4 servings



Chicken

Prep ahead!

This dish can be transformed into a delicious chicken salad. Cook the dish ahead of time, slice the cooked chicken and toss it together. Enjoy at a BBQ or picnic (also great as a side dish for many!).

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	42g	18g	80g

FROM YOUR BOX

PEARL COUSCOUS	300g
HONEY SHOT	1
NECTARINES	2
CELERY STICKS	2
ROASTED PEPPERS	1 jar
MESCLUN LEAVES	60g
WALNUTS	1 packet
CHICKEN SCHNITZELS	600g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, seeded mustard, red wine vinegar, ground coriander

KEY UTENSILS

large frypan, saucepan

NOTES

You can use ground cumin, sweet paprika or a dried herb of choice to coat the chicken if preferred. You can cook the chicken on the BBQ instead of the frypan.

No gluten option – pearl couscous is replaced with GF pasta. Cook pasta in boiling water according to packet instructions or until al dente.



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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. PREPARE THE DRESSING

Whisk together **honey**, **3 tsp seeded mustard**, **3 tsp vinegar** and **2 tbsp olive oil** in a bowl. Set aside.



3. PREPARE THE SALAD

Slice **nectarines** and **celery**. Drain **roasted peppers** and slice. Set aside in a large bowl with **mesclun leaves**.



4. TOAST THE WALNUTS

Chop **walnuts** and add to a dry frypan over medium-high heat. Toast for 2-3 minutes until golden. Set aside and keep pan on heat.



5. COOK THE CHICKEN

Coat **chicken** with **1 tsp ground coriander**, **oil**, **salt** and **pepper** (see notes). Cook in pan for 4-5 minutes each side or until cooked through.



6. FINISH AND SERVE

Toss salad with pearl couscous and dressing. Serve alongside chicken and garnish with walnuts.

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