

Mediterranean Lemon Chicken and Couscous



Sirve:

12-16 servings

Pieza:

Complete Gourmet Collection - 8.5 Qt. Roaster
Saladmaster Food Processor

Valora: ★★★★★

Contribuido por:

Cathy Vogt
Certified Health Coach & Natural Foods Chef
[Agregar un Comentario](#)

Descripción de la Receta:

Pearled couscous, also known as Israeli couscous, are small pellet shaped balls made with semolina flour. Israeli couscous has a nutty flavor and chewy texture. It cooks quickly and is delicious with sauces, or as part of a one pot meal with vegetables.

3 lbs
boneless chicken thighs, trimmed of excess fat and cut into bite
sized pieces
(1.36
kg)
2 medium
onion, strung, use Cone #2
6 cloves
garlic, shredded, use Cone #1
2 tsp
basil, dry
(2
g)
2 tsp
thyme, dry
(2
g)
1 lemon
zest, shredded, use Cone #1
5 each
yellow/green summer squash, trim ends and cut large zucchini in 1/2
lengthwise, slice use Cone #4
6 cups
israeli couscous or pearl couscous
(1000
g)
2 tsp
natural salt (optional)
(5
g)

8 cups
chicken or vegetable stock
(2
L)
½ cup
kalamata olives, pitted, chopped
(90
g)
3 each
tomato, fresh, chopped
fresh chopped parsley & basil for garnish
optional: grated parmesan cheese

Preparación :

1. Preheat roaster over medium heat for 4-5 minutes or until a sprinkle of water skitters and dissipates.
2. Cook the chicken for 3-4 minutes on each side until browned. Cook ½ chicken pieces at a time so pan is not overcrowded. Don't worry if chicken is not fully cooked. Remove chicken from the pan, along with any juices and place in a clean dish.
3. Sauté onions and garlic for 5 minutes.
4. Add basil, thyme and summer squash and sauté for 2-3 minutes.
5. Add couscous, salt, chicken stock, olives and cooked chicken pieces along with any juices that accumulated, stir and cover roaster with lid.
6. When Vapo-Valve™ begins to click steadily, turn heat to low and cook for 10 minutes, until couscous is tender but firm to the bite.
7. Remove lid, taste and adjust seasonings as needed.
8. Garnish with chopped fresh tomato and herbs or serve them in a small bowl on the side to add to each serving.
9. Sprinkle with parmesan cheese on top if desired.

Tips

Consejos:

- Omit chicken and substitute for cooked chickpeas for a vegan/vegetarian entrée
- Add in baby spinach at the end of cooking time for additional vegetables.
- Spice it up with a sprinkle or two of crushed red pepper.

Información nutricional por ración

Calorías: 360
Grasa Total: 5g
Grasa 1g
Saturada:
Colesterol: 70mg
Sodio: 500mg
Carbohidratos: 50g
Fibra 4g
Dietética:
Azúcar: 2g
Proteína: 26g