

Colourful Couscous with Chicken



Servings: 1

Difficulty: Not too tricky

Prep Time: 10 minutes

Cook Time: 10 minutes

Ingredients

- 50g couscous (preferably wholemeal)
- 60g roast or boiled chicken breast
- 25g boiled peas
- Half small tomato chopped
- 4 cucumber slices chopped
- 2 slices of red pepper chopped
- 1 tbsp finely chopped parsley or coriander
- 1 tsp Lemon juice
- 2 tsp Olive oil

Method

- Cook the couscous as per the pack instructions. Once ready, fluff the couscous with a fork.
- Add chicken or the mixed beans, peas, tomato, cucumber, pepper, parsley.
- Season with lemon juice and olive oil. Mix well together all the ingredients.

Complete your lunchbox with

- 1 small carrot, cut into sticks
- 1 pot of fruit cocktail in juice
- 1 small pot of low-fat natural yoghurt or plant-based alternative (125g)
- Bottle of water

Allergens

Gluten, milk, may contain soya

