

The Pampered Chef®
Casbah Chicken & Couscous
Recipe

450 g skinless, boneless chicken breast fillets
2 teaspoons ras el hanout spice, divided
1/2 teaspoon salt, divided
450 ml chicken stock
1 large ripe mango (about 450 g total/unprepared weight)
30 g flaked almonds
1 tablespoon sunflower oil
1 red onion
275 g uncooked plain couscous
2 tablespoons fresh coriander leaves

1. Cut chicken into 2.5-cm pieces using **Utility Knife**. Combine chicken, 1 teaspoon of the ras el hanout spice and 1/4 teaspoon of the salt in **Classic Batter Bowl**; toss to coat using **Classic Scraper**. Set aside. Combine chicken stock and remaining ras el hanout spice and salt in **Small Batter Bowl**; set aside. Peel, stone and slice mango into thin wedges; set aside.
2. Place almonds in **Stainless 30-cm Skillet**; cook over medium heat 5–7 minutes or until golden brown, stirring frequently with **Bamboo Spatula** (reduce heat after 3 minutes, if necessary). Remove almonds to a plate using **Bamboo Slotted Spoon**; set aside. Carefully add sunflower oil to Skillet; heat over medium heat 1–2 minutes or until hot. Add chicken to Skillet; cook and stir 7–9 minutes or until chicken is cooked and is no longer pink in centre. Remove chicken from Skillet to a plate; keep hot.
3. Slice onion lengthways into thin wedges using **Santoku Knife**; add to Skillet. Cook 4–5 minutes or until onion is tender and beginning to caramelize, stirring occasionally. Add stock mixture and bring to the boil; stir to loosen browned bits from bottom of Skillet.
4. Add couscous to Skillet and stir; bring couscous mixture back to the boil. Stir in chicken and mango. Remove from heat; cover and let stand 5 minutes or until liquid is absorbed. Snip coriander in **(250-ml) Prep Bowl** using **Professional Shears**. Add coriander to couscous mixture with toasted almonds and stir well; serve immediately on warmed plates.

Yield: Serves 6

Louise Dawkins – Consultant 016878
147 Sherwell Valley Road, Torquay, TQ2 6EW
Home 01803 404499 / Mobile 07730507262
Email louise.dawkins@abily.co.uk



Per serving: Energy 1397kJ/332kcal; Protein 31g; Carbohydrate 37.9g; Sugars 12g; Fat 7.6g;
Saturated Fat 1.1g; Fibre 2.7g; Salt 0.5g

© null The Pampered Chef used under license.

*Louise Dawkins – Consultant 016878
147 Sherwell Valley Road, Torquay, TQ2 6EW
Home 01803 404499 / Mobile 07730507262
Email louise.dawkins@abily.co.uk*