



On Camp with **Kelly**

AVIVA

Spiced chicken with raita couscous



Ainsley says...

"Couscous is the one of those things I always like to have in my store cupboard. It literally takes minutes to cook; try stirring in a can of chickpeas for extra texture, protein and carbohydrate."

Serves 4

4 skinless chicken fillets
200g tub Greek-style yoghurt (0% fat)
1 tablespoon curry paste (such as tikka masala, tandoori or madras)
2 teaspoon fresh minced ginger
2 garlic cloves, crushed
juice of 1 lemon
175g couscous
4 vine tomatoes, seeded and diced
4 spring onions, finely chopped
½ cucumber, seeded and diced
2 tablespoon chopped fresh mixed flat-leaf parsley and coriander
salt and freshly ground black pepper

Slash each chicken breast three or four times with a sharp knife. Mix the yoghurt in a shallow dish with the curry paste, ginger, garlic and half of the lemon juice, then season to taste. Add the chicken and turn to coat, then cover with clingfilm and leave for at least 30 minutes or overnight is best in the fridge.

Meanwhile, place the couscous in a bowl and pour over enough boiling water to cover. Cover with clingfilm and leave to soak for 7-8 minutes. Fluff up with a fork and fold in the remaining lemon juice with the tomatoes, spring onions, cucumber and herbs. Season to taste.

Preheat the grill to hot. Arrange the marinated chicken breasts on a foil-lined baking sheet and grill for 6 minutes. Turn over, then smear over any remaining marinade and cook for another 4-6 minutes or until tender and cooked through but beginning to char. Divide the couscous among plates, then carve each chicken breast on the diagonal and arrange on top to serve.

Nutrition information

Spiced chicken			RDA	
	Per serve (Serves 4)	Per 100g	Male	Female
Kcal	174	86		
Protein (g)	29.8	14.8		
Carbohydrates (g)	5.4	2.7		
Fat (g)	3.9	1.9		
Saturated fat (g)	1.1	0.5		
Monounsaturated fat (g)	1.3	0.7		
Polyunsaturated fat (g)	0.5	0.2		
Calcium (mg)	105.0	52.1	700	700
Magnesium (mg)	45.8	22.7	300	270
Iron (mg)	1.6	0.8	8.7	14.8
Copper (mg)	0.1	0.0	5.5-9.5	4-7
Zinc (mg)	1.8	0.9	40	40
This dish is a good source of B vitamins				

Couscous servings			
	Small portion (60g uncooked weight)	Medium portion (90g uncooked weight)	Large portion (110g uncooked weight)
Kcal	226	338	414
Protein (g)	7.7	11.5	14
Carbohydrates (g)	46.4	69.7	85.1
Fat (g)	0.4	0.5	0.7
Saturated fat (g)	0.1	0.1	0.1