

Spiced couscous with chicken & almonds



A low fat, low gi supper that's ready in just 20 minutes.

Serves 2

Ready in 20 minutes

Ingredients

- 2 tsp Indian curry paste
- 6 ready to eat apricots , chopped
- 150ml hot chicken stock
- 150g couscous
- 1 large skinless cooked chicken breast , shredded
- 2 spring onions , sliced (use the green parts as well)
- 2 tbsp blanched almonds , toasted
- a small bunch flat-leaf parsley , chopped
- 150ml natural yogurt

Method

1. Mix the curry paste and apricots with the chicken stock until the paste has dissolved. Then put the couscous in a bowl and pour over the stock. Cover with clingfilm and leave for 5 minutes.
2. Break up the couscous with a fork and stir through the chicken, spring onions, almonds and half the parsley. Mix the rest of the yogurt with the parsley. Serve the couscous with the yogurt drizzled over

Nutrition information

Per serving

513 kcalories, protein 37.4g, carbohydrate 68.8g, fat 11.8 g, saturated fat 2g, fibre 3.2g, salt 0.85 g

