

COUSCOUS WITH CHICKEN AND APRICOTS

2 persons / 536 kcal per serving

Ingredients:

- 200 grams chicken thighs
- 1 teaspoon ground cumin
- 1 onion
- 1½ cloves of garlic
- 60 grams dried apricots
- 200 grams diced tomatoes (canned)
- 150 grams couscous
- ½ cucumber
- ½ tablespoon of vinegar
- pepper and salt



Preparation:

Cut the chicken thighs into cubes and sprinkle with the cumin, pepper and salt. Leave for 10 minutes to allow the flavors to absorb. Chop the onion and slice the garlic. Cut the apricots into strips. Heat the non-stick skillet. Fry the onion and garlic light brown. Add the chicken cubes and fry for 2 minutes. Spoon the tomatoes with the liquid and apricots into the chicken mixture and simmer, covered, for another 10 minutes. Grate the cucumber and add the vinegar and pepper to taste, let alone until use. Prepare the couscous according to package directions, without adding oil. Season the chicken mixture with salt and pepper. Drain the cucumber. Divide the chicken mixture and cucumber with the couscous over bowls.

Nutritional value per portion:

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| Energy: | 536 kcal |
| Protein: | 30.8 grams |
| Carbohydrates: | 74.4 grams |
| - including sugars: | 17.6 grams |
| Fat: | 10.6 grams |
| Fiber: | 8.8 grams |
| Salt: | 1.3 grams |