

HARISSA CHICKEN WITH A COUSCOUS PILAF



Serves 4 | Prep time: 20 mins

Cook time: 60 mins

INGREDIENTS

4 large skinless chicken thighs
1 tbsp harissa paste
1 tbsp honey
2 garlic cloves, minced
1 tsp smoked paprika
Zest from 1 lemon
Juice from 1 lemon
2 tbsp extra virgin olive oil
200g couscous
½ red onion, sliced
1 small head broccoli, cut into bite size florets
1x 400g tin chickpeas, rinsed and drained
1/3 cup currants

Serve with additional extra virgin olive oil, fresh lemon juice and roughly chopped coriander.

METHOD

1. Preheat the oven to 180°C.
2. Mix the harissa, honey, garlic, paprika, lemon zest, and juice in a small bowl.
3. Place chicken thighs on a baking tray and coat well with marinade mixture. Drizzle with half the oil. Bake for 40 minutes or until cooked through. Remove and set aside.
4. Meanwhile, cook couscous as directed on the packet.
5. Heat the remaining oil in a large frying pan and cook the onion over medium-high heat for 1-2 minutes. Add broccoli and cook for a further 3-4 minutes.
6. Stir in the couscous, chickpeas and currants and heat through.
7. Transfer pilaf to a large serving plate and top with chicken thighs.

Drizzle with extra virgin olive oil, fresh lemon juice and coriander before serving.



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NUTRITION TIP

Couscous is rich in selenium, a powerful antioxidant that can help reduce inflammation in the body. It has also been found to improve heart health by reducing plaque build-up and LDL cholesterol in the arteries.