

No-cook Chicken Couscous



Serves 4 Prep 25 mins

No-cook

Easy

Ingredients

100g plain couscous
100g frozen peas
200ml boiling hot stock (chicken or vegetable)
200g cooked chicken fillets
1 large tomato, chopped
1 tbsp olive oil
1 squeeze of lemon juice (1 tsp)

1. Tip the couscous into a heatproof bowl with the peas. Pour over the hot stock, cover with a plate to keep the heat in, and soak for 5 minutes.
2. Tear the chicken into good bite-sized strips, then toss half of it on top of the soaked couscous. Mix in with the chopped tomato, then moisten and flavour with the olive oil and lemon juice. Season to your taste – you probably won't need to add any salt, just some pepper. Divide between two plates and top with the rest of the chicken strips. Drizzle over a little extra olive oil and it's all ready to serve.