



Quick Chicken Couscous

Jacob · 30/09/2024



Prep Time

10 mins

Difficult

Medium

Servings

40 mins

Description

Take a break from pasta rice and potatoes with this quick chicken couscous bowl. Made with chicken breast or thighs or even leftover chicken and diced veggies of your choice, it's an impressive meal that takes just minutes to make once all the ingredients are prepped. The chicken is moist and tender, the couscous is light yet satisfying, and the veggies add color, flavor, and texture. It can be eaten at any temperature and would be perfect to pack for a picnic.

Ingredients

- 1 ¼ cups whole wheat couscous - ½ teaspoon kosher salt - ¼ teaspoon freshly ground black pepper - 1 pinch cayenne pepper - 3 tablespoons olive oil - 1 (8 ounce) skinless
- boneless chicken breast half - 1 pinch kosher salt to taste - 1 tablespoon olive oil
- or more to taste - ½ cup diced red onion - 1 cup chicken broth - ½ cup diced zucchini - ½ cup diced green beans - ½ cup diced red bell pepper - ¼ cup thinly sliced green onions - ½ teaspoon smoked paprika - ½ teaspoon ground turmeric - 2 tablespoons chopped flat-leaf (Italian) parsley
- or to taste - 2 tablespoons crumbled feta cheese
- or to taste - 1 pinch chili flakes

Instructions

1. Place couscous in a heat-proof mixing bowl. Add salt
2. pepper
3. cayenne
4. and olive oil; stir with a spoon until all couscous is coated with oil. Level off to smooth the top and set aside. Season chicken on both sides with salt. Heat olive oil in a saucepan over high heat. Add chicken and sear for 2 to 3 minutes on one side. Flip and add onions. Sear chicken on second side
5. while sauteing onions at the same time
6. for 2 to 3 minutes. Remove chicken to a plate and let cool for a few minutes. Cut chicken into 1/2-inch cubes and return to the saucepan. Add chicken broth
7. zucchini
8. green beans
9. bell pepper
10. green onions
11. paprika
12. and turmeric to the saucepan. Place over high heat. As soon as it boils
13. remove from the heat and carefully dump it on top of the couscous; do not stir. Immediately wrap bowl tightly with foil and set a timer for 5 minutes. When timer goes off
14. unwrap foil and toss in parsley. Stir to combine ingredients. Taste and adjust for salt. Spoon couscous onto serving plate and garnish with feta cheese
15. chili flakes
16. and parsley and a drizzle of olive oil. Chef John Recipe Tips Make sure to use quick-cooking couscous
17. not pearl couscous. You can use yellow onion in place of red
18. and chicken thighs instead of chicken breast
19. or even leftover chicken. Any fresh herbs can be used in place of parsley
20. and a garlicky yogurt sauce or tzatziki can work instead of feta.