



Chicken with Couscous

Jacob · 30/09/2024



Prep Time

45 mins

Difficult

Medium

Servings

4

Description

A fragrant chicken and couscous stew made with lots of vegetables Its my alltime favorite and its delicious

Ingredients

- - 3 ¼ cups low-sodium chicken broth
- divided - 1 cup quick-cooking couscous - 2 tablespoons olive oil
- divided - 4 skinless
- boneless chicken breast halves - cut into cubes - salt and ground black pepper to taste - 1 carrot
- thinly sliced - ½ cup finely chopped jalapeno chile peppers - 1 zucchini
- diced - 3 green onions
- thinly sliced - 1 ½ teaspoons grated fresh ginger root - 1 ½ teaspoons curry powder - 1 teaspoon cornstarch
- ½ teaspoon ground coriander seed

Instructions

1. Bring 2 cups broth to a boil in a medium saucepan. Stir in couscous and 1 1/2 teaspoons olive oil. Turn off heat
2. cover
3. and let stand for 10 minutes. Meanwhile
4. heat 1 tablespoon olive oil in a medium skillet over medium heat. Add chicken; season with salt and pepper. Cook and stir until chicken is no longer pink in the center and the juices run clear. An instant-read thermometer inserted into the center should read 165 degrees F (74 degrees C). Remove chicken from the skillet and set aside. Heat remaining 1 1/2 teaspoons olive oil in the same skillet over medium heat. Stir in carrot and jalapeño peppers; sauté for about 2 minutes. Mix in zucchini
5. green onions
6. 1/4 cup chicken broth
7. and ginger. Cook and stir until vegetables are tender
8. about 5 minutes. Stir together remaining 1 cup chicken broth
9. curry powder
10. cornstarch
11. and coriander in a small bowl until blended. Pour over vegetables in the skillet. Return chicken to the skillet. Continue cooking until chicken is coated and sauce is thickened
12. about 2 minutes. Serve over couscous.