

Sweet Chili Lime Chicken with Cilantro Couscous

Jacob · 30/09/2024



Prep Time

5 mins

Difficult

Medium

Servings

35 mins

Description

A very flavorful Asiantype meal with a sweet heat that incorporates my favorite flavors chili lime and cilantro with a little bit of sugar The sauce glazes the chicken and is wonderful over the cilantro couscous You can substitute salt and pepper to taste for MSG

Ingredients

- - 1 tablespoon olive oil - 1 pound skinless
- boneless chicken breast halves
- cubed - 1 pinch monosodium glutamate (such as Ac'cent®)
- or to taste - 6 tablespoons soy sauce - 6 tablespoons brown sugar - ½ teaspoon red pepper flakes
- or more to taste - 1 lime
- juiced and zested - 2 cups vegetable broth - 1 cup couscous - ? cup chopped cilantro - 4 wedges lime for garnish

Instructions

1. Heat olive oil in a large skillet over medium heat; cook and stir chicken breast cubes in the hot oil until the juices run clear and chicken is no longer pink inside
2. 5 to 6 minutes. Sprinkle chicken with monosodium glutamate as it cooks. Remove chicken from skillet. Mix soy sauce
3. brown sugar
4. red pepper flakes
5. lime juice
6. and lime zest in a bowl
7. stirring to dissolve sugar. Pour sauce into hot skillet
8. bring to a boil
9. and reduce heat to low. Simmer
10. stirring occasionally
11. until sauce begins to reduce slightly
12. 3 to 4 minutes. Mix cooked chicken into sauce and cook until sauce forms a glaze on chicken pieces
13. about 2 to 3 more minutes
14. stirring often. Bring vegetable broth to a boil in a saucepan. Stir couscous into vegetable broth
15. turn off the heat
16. and let couscous stand until broth is absorbed
17. about 5 minutes. Stir cilantro into couscous. Arrange couscous onto a serving platter
18. top with chicken and sauce
19. and serve with lime wedges. Squeeze lime wedges over couscous and chicken before serving.