



Grilled paprika chicken served with almonds and apricot couscous

Serves: 4

Preparation time: 15 to 20 minutes, depending on the amount (excluding refrigeration time).

Cooking time: 35 to 45 minutes, depending on the amount.

Ingredients

Chicken thighs, skinless	4 medium	320g
Lemon juice, fresh	2 tbs	30ml
Garlic, crushed	2 cloves	4g
Paprika, hot	½ tsp	3ml
Paprika, sweet	Paprika, sweet	3ml
Cinnamon, ground	½ tsp	3ml
Yoghurt, fat free, plain	½ cup	125ml
Olive oil	2 tbs	30ml
Onion, chopped finely	1 medium	120g
Couscous, cooked	2 cups	314g
Apricots, dried chopped	12 halves	60g
Coriander, fresh, coarsely chopped	2 tbs	5g
Almonds, chopped	2 tbs	30g

Cooking instructions

- Combine the chicken, lemon juice, garlic and spices in a bowl, cover and refrigerate for 3 to 24 hours.
- Cook the marinated chicken in batches on a non-stick, heated griddle pan, brushing with the yoghurt until browned and cooked through.

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- While the chicken is cooking, heat the olive oil in a saucepan and cook the onion until softened and translucent.
 - Stir in the couscous and apricots, cook for a further 5 to 10 minutes.
 - Remove the pot from the heat and stir in the fresh coriander.
 - Place the couscous into an attractive serving dish, top with chicken and the rest of the yoghurt, and enjoy.