

## Mediterranean Chicken Couscous



| Recipe Rating |                          |
|---------------|--------------------------|
| Total Time    | 45 Minutes               |
| Cooking Time  | 30 Minutes<br>(Optional) |
| Total Labour  | 15 Minutes               |
| Knife Skills  | Basic                    |

| Equipment   |  |
|---|--|
| <ul style="list-style-type: none"> <li>• Measuring spoons and cup</li> <li>• Chef's knife/Cutting Board</li> <li>• Spoon/Fork</li> <li>• Mixing Bowl or Pan</li> <li>• 1/2 size- 2" deep production pans</li> </ul> |  |

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#### Nutrition Facts Valeur nutritive

Per 1 serv (219g) / par 1 serv (219g)

| Amount | % Daily Value        |
|--------|----------------------|
| Teneur | % valeur quotidienne |

**Calories / Calories** 310

**Fat / Lipides** 19g **29%**

Saturated / satures 7g

+ Trans / trans 0g **36%**

**Cholesterol / Cholesterol** 80mg

**Sodium / Sodium** 3090mg **129%**

**Carbohydrate / Glucides** 11g **4%**

Fibre / Fibres 1g **4%**

Sugars / Sucres 2g

**Protein / Proteines** 23g





Vitamin A / Vitamine A

Vitamin C / Vitamine C 15%

Calcium / Calcium 8%

Iron / Fer 10%

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|   | 25 Portions  |          | 50 Portions |          |
|---|--|----------|-------------|----------|
|   | Metric   | Standard | Metric      | Standard |
| Chicken, Diced, Cooked  | 2 kg   | 4.6 lbs  |             |          |
| Chicken Broth, Low Sodium, Fat-Free   | 907 gm   | 2 lbs    |             |          |
| Couscous  | 496 gm   | 1.1 lbs  |             |          |
| Basil, Fresh  | 170 gm   | 6 oz     |             |          |
| Feta Cheese, Crumbled   | 354 gm   | 12.5 oz  |             |          |
| Grape Tomatoes, Halved  | 1.4 kg   | 3.1 lbs  |             |          |
| Lemon Juice, Fresh  | 65.2 gm  | 2.3 oz   |             |          |
| Lemon Rind, Grated  | 14.8 gm  | 0.5 oz   |             |          |
| Pepper, Black, Ground   | 3.5 g  | 0.1 oz   |             |          |
| Salt  | 3.5 g  | 0.1 oz   |             |          |
| Oil, Olive  | 29.5 g   | 1 oz     |             |          |
| <b>Method</b>   |  |          |             |          |
|   | 1. Heat broth in the microwave on high for 3 to 5 minutes. Place couscous in a large bowl and stir in broth mixture. Cover and let stand for 5 minutes.  |          |             |          |
|  | 2. Dice chicken and season with oil, salt, and pepper. Halve the grape tomatoes. Fluff couscous with a fork. Then, combine all ingredients in bowl and mix.  |          |             |          |
|  | 3. Transfer mixture to 1/2 size- 2" deep production pan, or bowl, cover and refrigerate until service. Serve cold.<br><b>Optional:</b> Cover with plastic wrap and aluminum foil. Place pan in Multigen for 55 minutes. Serve hot.   |          |             |          |
|  | 4. <b>Bulk (Hot):</b> Remove from Multigen and serve with a side dish.<br><b>Bulk (Cold):</b> Portion into service dishes or leave in bulk for dining room service.<br><b>Cold Plating (Hot):</b> Plate alone or with a side dish. Place on the hot side of the tray to retherm prior to service.<br><b>Cold Plating (Cold):</b> Plate alone or as a side dish. Place on the cold side of the tray prior to service. |          |             |          |
| Garnish: Fresh Basil, chopped   |  |          |             |          |
| Food Accompany: Any vegetable side  |  |          |             |          |

