

# **Mediterranean Chicken Couscous**



Recipe Rating				
Total Time	45 Minutes			
Cooking Time	30 Minutes (Optional)			
Total Labour	15 Minutes			
Knife Skills	Basic			

### **Equipment**

- Measuring spoons and cup
- Chef's knife/Cutting Board
- Spoon/Fork
- Mixing Bowl or Pan
- 1/2 size- 2" deep production pans

## Mediterranean Chicken Couscous

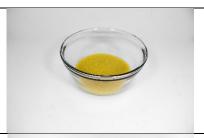
#### **Nutrition Facts** Valeur nutritive Per 1 serv (219g) / par 1 serv (219g) Amount % Daily Value % valeur quotidienne Teneur Calories / Calories 310 Fat / Lipides 19g <u> 29%</u> Saturated / satures 7g + Trans / trans 0g 36% Cholesterol / Cholesterol 80mg 129% Sodium / Sodium 3090mg Carbohydrate / 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%



# Mediterranean Chicken Couscous

	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		

### Method



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.

**Optional:** Cover with plastic wrap and aluminum foil. Place pan in Multigen for 55 minutes. Serve hot.



4. **Bulk (Hot):** Remove from Multigen and serve with a side dish. **Bulk (Cold):** Portion into service dishes or leave in bulk for dining room service.

**Cold Plating (Hot):** Plate alone or with a side dish. Place on the hot side of the tray to retherm prior to service.

**Cold Plating (Cold):** 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

