

INGREDIENTS

1 pack Garden Gourmet Sensational Chicken-Style Breast

2 tbsp Harissa Paste

1 small red onion, sliced

1 zucchini, sliced

1 small yellow pepper, sliced

small bunch coriander or parsley, roughly chopped

100g couscous

150ml hot low salt vegetable stock

small handful pomegranate seeds

few lemon wedges, to serve

1 tbsp olive oil

 2 SERVINGS

 25 MIN

 INTERMEDIATE

Bring a spice and vegan touch into your life with this Garden Gourmet recipe of vegan Harissa Chicken breast and its couscous and veggies

PREPARATION

1. Marinade the Chicken-Style Breast

Spread the harissa paste over the chicken breasts until coated. Leave to marinade for 5 minutes.

2. Cook the veggies

Heat half the oil in a large non-stick frying pan and cook the onion, zucchini and bell peppers for 5-8 minutes until browned and tender. Set aside and keep warm.

3. Pan-fry the Chicken-Style Breast

Heat the remaining oil in the same non-stick pan and fry the chicken breasts for 4-5 minutes until piping hot throughout.

4. Prepare the couscous

Make the vegetable stock and pour over the couscous in a glass bowl, cover tightly with a plate and leave to soak for 5 minutes. Then loosen the grains with a fork, then stir through the herbs and pomegranate seeds.

5. Plate up and enjoy

Put the couscous and veggie at the bottom of the plate and put the sliced harissa chicken as one piece on top. Serve and enjoy!

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