Dinner

Buttermilk chicken skewers with lemon couscous

Strips of chicken breast soak up a herby buttermilk marinade, then get grilled on skewers with red pepper and mushrooms. They are served with fluffy couscous lifted by lemon, rocket and spring onions.



Low fat | Low sugar

60 min	471	62.7 g	7.3 g
time	calories	carbs	sugars

Ingredients, 2 servings

- [ ] 1 large chicken breast (200g), cut into strips
- [ ] 4 tbsp buttermilk
- [ ] 1 tsp pesto
- [ ] 1 clove garlic, crushed
- [ ] 1 red pepper, cut into chunks
- [ ] 2 large mushrooms, sliced thickly
- [ ] 150 g couscous
- [ ] 200 ml boiling chicken stock
- [ ] grated zest and juice 1 lemon
- [ ] 80 g bag rocket leaves
- [ ] 2 spring onions, sliced

Nutrition Facts

Per serving

Calories	**471**
Total fat	4.5 g
Saturated fat	0.8 g
Sodium	Not listed
Total carbs	62.7 g
Fiber	5.9 g
Total sugars	7.3 g
Protein	42 g

Method

- [ ] **1** Stir the chicken breast strips in a bowl with the buttermilk, pesto and crushed garlic until evenly coated.
- [ ] **2** Soak wooden skewers in water for 15 minutes so they do not burn.
- [ ] **3** Leave the chicken to marinate for 20 minutes.
- [ ] **4** Thread the chicken onto the skewers, alternating with chunks of red pepper and thick slices of mushrooms.
- [ ] **5** Cook under a hot grill for 6-7 minutes, turning occasionally.
- [ ] **6** Meanwhile, tip the couscous into a bowl, pour over the boiling chicken stock and add the zest and juice of the lemon.
- [ ] **7** Cover the bowl and leave the couscous to stand for 5 minutes.
- [ ] **8** Stir the rocket leaves and sliced spring onions through the couscous and serve it alongside the skewers.

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