

# Chicken and Speedy Couscous Salad

## Ingredients

1 tablespoon oil  
4 chicken thighs, skin removed – use 8 if small thighs  
  
200g couscous  
1 vegetable stock cube, 270ml boiling water  
  
1 small red onion, peeled, finely chopped  
½ red pepper, finely chopped  
6 dried apricots, finely chopped  
¼ cucumber, finely chopped  
3 tablespoons tinned sweetcorn  
3 tomatoes, finely chopped  
Juice ½ lemon  
1 tin chickpeas, drained  
2 tablespoons olive oil  
2 tablespoons pumpkin or sunflower seeds- optional  
3 tablespoons chopped parsley or coriander-optional  
Seasoning-pepper

## Get cooking

1. Turn the oven on, 190c/gas 5
2. Prepare the chicken, place the chicken on an oven tray, add seasoning, spray, or brush with oil. Bake in the oven for 35 minutes. The time may vary due to size of thighs.
3. Put the couscous into a large bowl, add the stock, stir, cover bowl with a plate and leave to soak for 10 minutes.
4. Meanwhile, prepare all the vegetables and put them in another bowl with the apricots and chickpeas, add the oil and lemon juice, season with pepper and mix together.
5. Use a fork to break up the couscous, add the vegetable mixture, chopped parsley/coriander and seeds if using.
6. Check the chicken thighs are cooked, cut one in half to check that they are not still pink.  
Serve couscous and chicken, chicken can be served hot or cold, enjoy!