SAFFRON CHICKEN WITH MEDITERRANEAN COUSCOUS

Prep Time: 20 min

Cooking Time: 25 min

Serves: 10-12

Puree Ingredients

625 ml	Cooking Rich™
60 ml	Water, boiling
10 ml	Saffron threads
10	Skinless, boneless chicken breasts
30 ml	Oil
30 ml	Butter
2	Small onions, chopped
2	Garlic cloves, minced
2	Red bell peppers, cut into strips
2 cups	Asparagus, chopped
1 sprig	Dry white wine
	Sprig fresh rosemary
	Dried chili flakes
	Drained green peppercorns
	Salt, to taste

Method for Chicken

1. In a small glass bowl, pour the boiling water over saffron threads. Stir and set aside.
2. Meanwhile, cut each chicken breast into 4-6 pieces. Heat oil in large skillet and quickly stir fry chicken until cooked about halfway through, 4-5 min. Remove from heat. Set aside.
3. Add butter and sauté onion and garlic; cook for approximately 5 minutes on medium heat. Stir in red pepper strips and asparagus, cooking for a further 5 minutes.
4. Add the white wine and rosemary and bring to boil.
5. Stir in Cooking Rich™, chili flakes and saffron. Reduce heat and simmer for 5 – 7 minutes until vegetables are al dente.
6. Add green peppercorns and reserved chicken. Reduce heat and cook on low for 5 minutes or until the chicken is cooked through.
7. To serve, spoon over serving of couscous. Season to taste.

Infinite Possibilities. **One Family**.

Rich Products Corporation Africa 77 Earp Street, Ophirton, Johannesburg, South Africa, 2091

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Puree Ingredients

1½ cups	Instant couscous
2 cups	Chicken stock
	Grilled baby marrow
	Grilled yellow pepper
	Roasted cherry tomatoes
¼ cup	Roasted unsalted cashew nuts, chopped
	Finely chopped flat leaf parsley
	Chopped mint
1 clove	Chopped garlic
1	Lemon zest and juice
2 tbsp	Olive oil
3	Spring onions, chopped

Method for Couscous

1. Place the couscous in a container that has a lid.
2. Cover the couscous with boiling hot chicken stock, season with salt and pepper, cover with lid and set aside.
3. Roast and grill all the vegetables.
4. Combine the lemon juice, olive oil and garlic to create a basic dressing.
5. In a large mixing bowl combine all the prepared ingredients to form a chunky salad.

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