

LighterLife Management

Week 2 Recipes:

Moroccan-spiced chicken with cauliflower couscous

Cauliflower is a great low carb-alternative to couscous in this quick and easy dish.

Serves: 1

Nutrition per serving:

289 kcal, 46g protein, 15g carbs, 5g fat, 7g fibre

Ingredients:

- 1 tbsp lemon juice
- 1 garlic clove, minced
- 2 tbsp chopped fresh coriander
- 2 tsp Moroccan seasoning
- 145g chicken breast
- ¼ red onion, finely chopped
- ½ red pepper, finely chopped
- 60ml hot stock (from LighterLife Savoury Broth)
- 80g cauliflower florets, stalks removed

Method:

1. Preheat the oven to 200C, gas 6.
2. Mix the lemon juice, garlic, half the coriander and half the Moroccan seasoning in a shallow bowl. Add the chicken and coat well, then chill in the fridge for 30 mins.
3. Transfer to an ovenproof dish, pour the marinade over the chicken and bake for 20 mins, until golden brown and cooked through.
4. Meanwhile, put the onion, pepper and the stock in a non-stick saucepan and cook over a medium heat until softened.
5. Pulse the cauliflower in a food processor until finely chopped and looking like couscous.
6. Add to the pan with the rest of stock and Moroccan seasoning, cover and simmer for 5 mins, or until the stock is completely absorbed.
7. Fluff up the “couscous” with a fork and serve topped with the chicken.

Tips:

- Make up a batch of cauli couscous with a medium cauliflower, then portion it out and freeze for future use – you can cook it straight from frozen.