

## Mediterranean Lemon Chicken and Couscous



### Makes:

12-16 servings

### Utensil:

Complete Gourmet Collection - 8.5 Qt. Roaster  
Saladmaster Food Processor

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### Recipe:

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### Recipe Description:

Pearled couscous, also known as Israeli couscous, are small pellet shaped balls made with semolina flour. Israeli couscous has a nutty flavor and chewy texture. It cooks quickly and is delicious with sauces, or as part of a one pot meal with vegetables.

3 lbs  
boneless chicken thighs, trimmed of excess fat and cut into bite  
sized pieces  
(1.36  
kg)  
2 medium  
onion, strung, use Cone #2  
6 cloves  
garlic, shredded, use Cone #1  
2 tsp  
basil, dry  
(2  
g)  
2 tsp  
thyme, dry  
(2  
g)  
1 lemon  
zest, shredded, use Cone #1  
5 each  
yellow/green summer squash, trim ends and cut large zucchini in 1/2  
lengthwise, slice use Cone #4  
6 cups  
israeli couscous or pearl couscous  
(1000  
g)  
2 tsp  
natural salt (optional)  
(5

g)  
 8 cups  
 chicken or vegetable stock  
 (2  
 L)  
 $\frac{1}{2}$  cup  
 kalamata olives, pitted, chopped  
 (90  
 g)  
 3 each  
 tomato, fresh, chopped  
 fresh chopped parsley & basil for garnish  
 optional: grated parmesan cheese

#### Directions:

1. Preheat roaster over medium heat for 4-5 minutes or until a sprinkle of water skitters and dissipates.
2. Cook the chicken for 3-4 minutes on each side until browned. Cook  $\frac{1}{2}$  chicken pieces at a time so pan is not overcrowded. Don't worry if chicken is not fully cooked. Remove chicken from the pan, along with any juices and place in a clean dish.
3. Sauté onions and garlic for 5 minutes.
4. Add basil, thyme and summer squash and sauté for 2-3 minutes.
5. Add couscous, salt, chicken stock, olives and cooked chicken pieces along with any juices that accumulated, stir and cover roaster with lid.
6. When Vapo-Valve™ begins to click steadily, turn heat to low and cook for 10 minutes, until couscous is tender but firm to the bite.
7. Remove lid, taste and adjust seasonings as needed.
8. Garnish with chopped fresh tomato and herbs or serve them in a small bowl on the side to add to each serving.
9. Sprinkle with parmesan cheese on top if desired.

#### Tips

#### Tips:

- Omit chicken and substitute for cooked chickpeas for a vegan/vegetarian entrée
- Add in baby spinach at the end of cooking time for additional vegetables.
- Spice it up with a sprinkle or two of crushed red pepper.

#### Nutritional Information per

##### ▼ Serving

**Calories:** 360  
**Total Fat:** 5g  
**Saturated Fat:** 1g  
**Cholesterol:** 70mg  
**Sodium:** 500mg  
**Total** 50g  
**Carbs:**  
**Dietary Fiber:** 4g  
**Sugar:** 2g  
**Protein:** 26g