

One pot chicken and couscous

Total time **55 mins** 15 mins preparation time 40 mins cooking time

Nutritional facts (per portion):
2035 kJ / 486 kcal

Fat: **18.2 g**

INGREDIENTS

4 portion(s)

4	chicken breasts, skin on
100 g	chorizo sausage, sliced
1	onion, diced
2	cloves garlic, crushed
2	sprigs fresh thyme
0.5	green chilli, deseeded and finely diced
0.5 tsp	smoked paprika
100 ml	white wine
400 g	tin tomatoes
2 tbsp	<u>Kikkoman Naturally Brewed Soy Sauce</u>
400 ml	chicken stock
1 tsp	sugar
200 g	cous cous
0.5	lemon (juice)
	black pepper for seasoning
3 tbsp	flat leaf parsley, chopped

PREPARATION

Step 1

Heat a large pan then add a little vegetable oil, fry the chicken skin side down for 3-4 mins, turn then seal the other side, remove from the pan and set aside.

Step 2

Add the chorizo to the pan and cook for 2-3 mins then add the onion, garlic, thyme, chilli and paprika. Continue to cook for a couple of mins.

Step 3

Pour in the white wine and reduce by half then add the tomatoes, Kikkoman Soy Sauce and stock. Return the chicken to the pan and bring up to the boil, reduce the heat, cover with a lid and simmer for 40mins. Add the sugar.

Step 4

Add the cous cous to the pot and stir in, adding a little water if needed, continue to cook for 5 mins then add a squeeze of lemon juice and a twist of black pepper. Garnish with some flat leaf parsley.