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## Warm Chicken and Mango Salad

with Orange Couscous



20-30min



4 Portions

Skinless free-range chicken breast fillets are the stars of the show here as they provide a good dose of protein while keeping this dish low in fat. We've marinated the chicken in orange juice and fragrant Chinese five-spice for a real flavour hit and teamed it with a refreshing mango and crunchy cos salad that the whole family will love.

## What we send

- green beans
- Chinese five-spice
- parsley
- Couscous <sup>1</sup>
- Lebanese cucumber
- baby cos lettuce
- mango
- free-range chicken breast fillets
- orange

## What you'll require

- olive oil
- salt and pepper
- white wine vinegar <sup>17</sup>

## Utensils

- chargrill or frypan
- Colander
- grater
- Kettle
- medium saucepan
  
- Our veggies come straight from the farm, so please wash them before cooking.

## Cooking tip

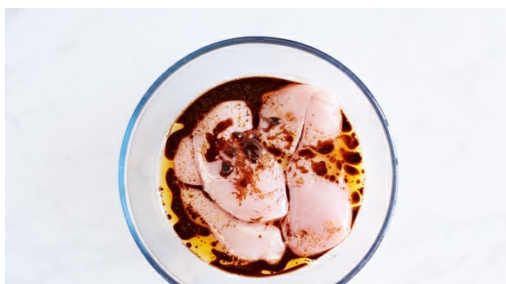
The chicken can also be cooked on a barbecue to keep the cooking smells out of the kitchen. Cook on a medium heat, turning regularly, until cooked through.

## Allergens

Gluten (1), Sulphites (17). May contain traces of other allergens.

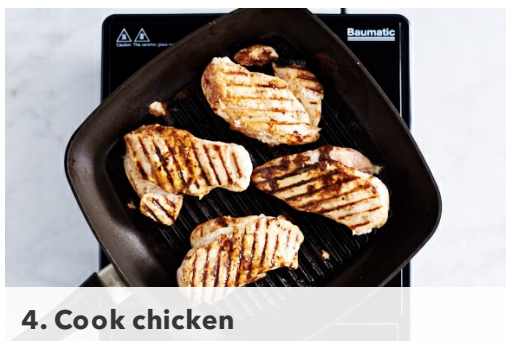
## Nutrition per serving

Energy 545.0kcal, Fat 10.0g, Proteins 51.4g, Carbs 55.8g



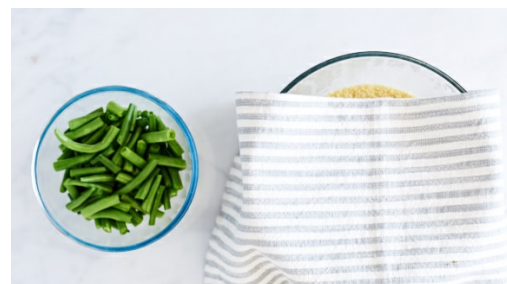
### 1. Marinate chicken

Bring a kettle to the boil for the couscous. Bring a medium saucepan of salted water to the boil for the beans. Zest and juice the **orange**. Combine 2 tbs of the **juice**, 2 tsp **oil** and 1 tsp **Chinese five-spice** (save remainder for another use) in a medium shallow dish. Add the **chicken** and turn to coat.



### 4. Cook chicken

Heat a chargrill pan over medium heat (see cooking tip). Chargrill the **chicken** for 7 mins, turn and cook for a further 6 mins or until cooked through, ensuring the thicker end is cooked through (the exact cooking time will depend on the thickness off the chicken).



### 2. Make couscous

Place the **couscous** in a large heatproof bowl and add 250ml (1 cup) boiling water and a pinch of **salt**. Cover and leave to steam for 5 mins. Fluff up with a fork. Trim the **green beans** and cut into thirds. Cook in the pan of boiling water for 2-3 mins, drain well and add to couscous.



### 5. Finish couscous

Pick the **parsley** leaves (discard stems) and finely chop. Add to the **couscous** with 1 tbs **oil**, 1 tsp **orange zest** and 2 tbs **orange juice**. Season with **salt and pepper**. Toss to combine.



### 3. Prepare mango salad

Slice cheeks off **mango**, scoop out flesh and dice. Dice any flesh from the stone. Trim the **lettuce** and shred the leaves. Dice the **cucumber**. Combine the mango, lettuce and cucumber in a large bowl.



### 6. Finish salad

Drizzle 1 tbs **oil** and 2 tsp **vinegar** over the **salad** and toss to combine. Slice the **chicken**. Arrange the chicken over the **couscous** and serve with the salad.