



Couscous-Crusted Chicken

with Watercress and Apple Salad



20-30min



2 Portions

Raise the bar and lower the calories of standard schnitzel and slaw with couscous-crusted chicken tenderloins paired with a yoghurt-dressed watercress and green apple salad. Full of crunch and zesty flavour, this family-friendly dinner can be on the table in less than 30 minutes.

What we send

- chives
- watercress
- lemon, green apple
- couscous ¹
- free-range chicken tenderloins
- walnuts ¹⁵
- Greek-style yoghurt ⁷

What you'll require

- Dijon mustard ¹⁷
- olive oil
- sea salt and pepper

Utensils

- large frypan

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Gluten (1), Milk (7), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 790kcal, Fat 27.8g, Carbs 74.6g, Proteins 53.0g



1. Make dressing

Finely grate the **lemon** rind and juice **half the lemon**. Put in a bowl with the **mustard** and **half the yoghurt** (keep the remainder for another use). Season with **salt and pepper**, and using a fork, whisk to combine.



2. Prepare chicken

Spread **half the couscous** (keep remainder for another use) in a shallow dish. Add the **chicken** and turn in the couscous, pressing on the meat, to evenly coat.



3. Prepare ingredients

Coarsely chop the **walnuts**. Finely chop the **chives**. Cut the **apple** into quarters, then remove the core and thinly slice. Put in a bowl of cold water with a little **lemon juice** to prevent it from turning brown.



4. Cook chicken

Heat the **oil** in a large frypan over medium heat. Season the **chicken** with **salt and pepper**. Add to the pan and cook for 3 mins each side or until golden brown and cooked through. Remove from the pan and set aside to rest for 3 mins.



5. Prepare salad

Meanwhile, stir **half the chives** into the **dressing** to combine. Rinse the **watercress** and discard the thicker, woodier stalks. Drain the **apple** and put in a large bowl with the **watercress**.



6. Get ready to serve

Add the yoghurt dressing to the watercress mixture and toss gently to combine. Divide the chicken and salad among plates. Scatter the **walnuts** and the **remaining chives** over the salad to serve.