

## INGREDIENTS

1 pack Garden Gourmet Sensational Chicken-Style Breast

2 tbsp Harissa Paste

1 small red onion, sliced

1 zucchini, sliced

1 small yellow pepper, sliced

small bunch coriander or parsley, roughly chopped

100g couscous

150ml hot low salt vegetable stock

small handful pomegranate seeds

few lemon wedges, to serve

1 tbsp olive oil

 2 SERVINGS

 25 MIN

 INTERMEDIATE

Bring a spice and vegan touch into your life with this Garden Gourmet recipe of vegan Harissa Chicken breast and its couscous and veggies

## PREPARATION

### 1. Marinade the Chicken-Style Breast

Spread the harissa paste over the chicken breasts until coated. Leave to marinade for 5 minutes.

### 2. Cook the veggies

Heat half the oil in a large non-stick frying pan and cook the onion, zucchini and bell peppers for 5-8 minutes until browned and tender. Set aside and keep warm.

### 3. Pan-fry the Chicken-Style Breast

Heat the remaining oil in the same non-stick pan and fry the chicken breasts for 4-5 minutes until piping hot throughout.

### 4. Prepare the couscous

Make the vegetable stock and pour over the couscous in a glass bowl, cover tightly with a plate and leave to soak for 5 minutes. Then loosen the grains with a fork, then stir through the herbs and pomegranate seeds.

### 5. Plate up and enjoy

Put the couscous and veggie at the bottom of the plate and put the sliced harissa chicken as one piece on top. Serve and enjoy!

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