



Israeli Couscous, Chicken and Feta Summer Salad

Prep time: 25 mins
Serves: 4



Ingredients

Dressing:

1/4 cup olive oil

1/4 cup lemon juice

1 tsp honey

1 tsp smoked paprika or paprika

Salad:

1 1/2 cup Israeli couscous

2 cups (500ml) chicken stock

1 cup water

320g pkt **Tegel Meal Maker Chicken**

1 red and 1 yellow capsicum, roasted
and sliced

2 cups fresh rocket leaves

Method

To make the dressing:

1. Combine all the ingredients in a small bowl or shake in a screw top jar. Set aside

To make the salad:

1. Heat a dash of olive oil in a saucepan. Add the couscous and over medium heat stir until the couscous is lightly toasted. Add chicken stock, water and salt to taste and bring to the boil. Reduce the heat, cover and simmer 10-15 minutes, or until the couscous is tender. Remove from heat and drain off any excess liquid.

2. Transfer couscous to a large mixing bowl and cool. Add **Tegel Meal Maker Chicken**, roasted capsicums, rocket and fresh herbs. Lightly toss through dressing. Spoon into a serving bowl and top with crumbled feta and pine nuts before serving.



Handful fresh mint leaves

1/4 cup chopped fresh coriander or
parsley

50g feta cheese, crumbled

1/4 cup pine nuts, toasted