

# Sautéed Chicken Breast with Ratatouille Couscous & Apple & Lemon Olive Oil



## Ingredients

- 4 Chicken Breasts
- Sea Salt & Freshly Ground Black Pepper
- 3 tablespoons Olive Oil (plus extra for drizzling)
- Few knobs of butter
- 1 Apple (cored and sliced)
- 1 Lemon (sliced)
- Handful Coriander (chopped)

## Method

1. Preheat the oven to 180°C/Gas 4. Season the chicken on both sides. Heat 2 tablespoons oil in a pan then fry the chicken, skin-side down, for 5 minutes until the skin is golden and crisp. Turn the chicken over, add the butter to the pan, and sear the other side while basting with the melted butter and oil for 1-2 minutes. Transfer the chicken to an ovenproof dish.
2. Drain the fat from the pan. Add another tablespoon of olive oil, then fry the apple and sliced lemon for 2 minutes until they start to release their juices and soften slightly. Pour into the dish with the chicken and roast for 15-18 minutes or until cooked through.

## For the Couscous

### Ingredients

- 500ml Chicken or Vegetable Stock
- 300g Couscous
- 3 ½ tablespoons Olive Oil
- 1 Red Onion (finely chopped)
- 1 Medium Eggplant (cut in to 1cm cubes)
- 2 teaspoons Ground Cumin
- 1 Zucchini (cut in to 1cm cubes)
- 1 Tomato (skinned, deseeded and chopped)
- Large handful of fresh coriander (chopped)

### Method

- Bring the stock to the boil. Measure the couscous into a large bowl then pour over the stock and 1 tablespoon olive oil. Cover the bowl with cling film and leave to soak for 10-15 minutes. Remove the cling film then fluff up the couscous with a fork to separate the grains. Stir through the vinaigrette.
- Meanwhile, heat another sauté pan with 2 tablespoons olive oil. Over moderate heat, fry the onion for 3-4 minutes then add the eggplant and cumin. Fry for another 2 minutes, then add the zucchini. Cook for 2-3 minutes until the vegetables are tender. Remove from the heat then stir through the tomato and coriander and check for seasoning. Toss through the couscous.
- To serve, pile the couscous into the centre of 4 plates. Slice the chicken on the diagonal then arrange on top of the couscous. Drain the juices from the baking dish, check for seasoning and stir in the chopped coriander. Spoon over the chicken and serve immediately.

*Recipe brought to you by Peninsula Bulk Meats*