

Pearl Couscous with grilled Chicken

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Ingredients

1 cup pearl couscous or moghrabieh (can be found in continental and health shops)
1 red capsicum roasted and peeled and cut onto strips
1 yellow capsicum roasted and peeled and cut into strips
1 red onion
½ cup sun-dried tomatoes
1 whole head of garlic
2 large chicken breasts
1 crushed clove of garlic
1 tsp fresh chopped thyme
6 cups of water
A pinch of sea salt crystals
Few basil leaves to garnish
Few lemon wedges

Roasted almond and sundried tomato paste ingredients

1 cup basil leaves or mixed fresh herbs (thyme and parsley)
½ cup roasted almonds salted or unsalted
3 tbsp extra virgin olive oil
1 clove of garlic
¼ sun- dried tomatoes
A pinch of sea salt crystals

Place all paste ingredients in a food processor and mix until smooth.

Preheat oven to 200c.

Place onion and garlic in a tagine dish, or on a tray lined with baking paper and roast for 20 to 25 minutes or until tender. Meanwhile bring water to the boil and cook pearl couscous until tender it will take 25 minutes. Drain and place in a large bowl. Squeeze out roasted garlic. Chop chicken into thin strips mixed with thyme and one crushed clove of garlic. Drizzle chicken with one teaspoon of olive oil and place under or on a hot grill until cooked. Add to the couscous with capsicums, onions, garlic and almond paste. Present in a tagine dish, if available, or a big serving dish. Garnish with basil leaves and lemon wedges.

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“Chef par Excellence”