

Herb Tabbouleh with Spicy Chicken Skewers

40–45 Min

Ingredients 4 Portions

= Kotányi Produkte

400 g	Chicken fillet
300 g	Couscous
450 ml	Water
1 piece	Red bell pepper
4 piece	Tomatoes, on the vine
40 g	Parsley, fresh
20 g	Fresh mint
1 piece	Lemon, unwaxed
1 piece	Red onion, small
150 g	Jogurt, greek
2 tbsp.	Curry Madras
1 pinch	Sea Salt, Coarse
1 pinch	Pepper Black, Whole
	Sesame oil
	Wooden skewers

Preparation

1. Rinse the chicken fillets and dab with paper towel. Use a knife to trim the fillets if necessary, then dice them into pieces around 2-cm thick. Bring water to the boil in a pan or kettle.
2. Marinate the cut chicken breast in yoghurt, 1/2 lemon juice, the zest of 1/2 a lemon, 1 teaspoon salt and Curry Madras.
3. Squeeze the juice of the lemon into a large bowl and mix with a large pinch of salt, freshly ground pepper and 4 tbsp. of olive oil.
4. Peel the onion, finely dice and add to the bowl. Add the couscous, then mix everything in the bowl thoroughly and pour in the hot water. Allow the couscous to infuse, breaking it up with a fork every now and then.
5. Wash and finely dice the vine tomatoes and bell pepper. Rinse and chop the parsley and mint. Mix the vegetables and herbs into the cooked couscous. Season to taste with olive oil, salt and pepper.
6. Spear the pieces of chicken breast onto small skewers and sear in a pan with 1 tbsp. of oil on all sides for 3–4 minutes.
7. Dish up the cooked tabbouleh and serve with the chicken skewers.