

**LSTC Recipe of the month**  
**Chicken Kebabs with Lemon and Coriander Couscous**  
**Recipe details**

*Serves:* 4  
*Preparation time:* 15 minutes plus 10 mins soaking  
*Cooking time:* 10 minutes  
*Diet type:* Low Calorie, Low salt, Low saturated fat, Low sugar



**Ingredients**

- \* 4 skinless chicken breasts
- \* 1 clove(s) garlic, crushed
- \* 1 tsp ginger
- \* Pinch of cayenne
- \* 250 g couscous
- \* 100 g pitted black olives, chopped
- \* 1 tbsp olive oil
- \* 1 tsp ground coriander
- \* 1 tsp cinnamon
- \* Juice of 2 lemons
- \* 3 tbsp fresh coriander, chopped
- \* Seasoning

**Totals**

*Calories:* 361kcal, 19% of your GDA  
*Fat:* 9g, 13% of your GDA  
*Salt:* 0.9g, 15% of your GDA

*Sugar:* 5g, 6% of your GDA  
*Saturates:* 1.5g, 8% of your GDA

**Method**

1. If using wooden skewers soak for at least 10 minutes. Toss the chicken with the oil, garlic, ground spices, cayenne, 1 tbsp lemon juice and seasoning allow to marinade for 10 minutes or 1 hour if you have time.
2. Pre heat the grill to high. Thread the chicken into the skewers and grill for 10 to 12 minutes turning occasionally or until cooked.
3. Meanwhile, prepare the couscous to the packet instructions, then fluff up with a fork. Drizzle with a little olive oil, add the remaining lemon juice, coriander and olives to the couscous and season.
4. Transfer to serving plates and serve the chicken kebabs with any pan juices and the couscous.