Chicken and Sun Dried Tomato Cous Cous Salad

Cook	15 mins
Prep	15 mins
Makes	4 servings

Create a stir at lunch time! This sun-dried tomato chicken salad is a perfect summer lunch bursting with flavour. The combination of chicken, cous cous, chickpeas and red peppers with a sun-dried stir-in sauce creates deliciousness without the wait.

INGREDIENTS

- 300g wholewheat couscous
- 150g Dolmio Sun Dried Tomato Stir in Pasta Sauce
- 400g tin chickpeas, drained and rinsed (240g drained weight)
- 480g jar roasted red peppers/sundried tomatoes/olives, rinsed and thinly sliced (320g drained weight)
- 4 cooked chicken breasts or 700g cooked and shredded roast chicken
- 4 tbsp balsamic glaze

Instructions

1. Cook the couscous according to the packet instructions.
2. Tip into a large bowl and stir though the Dolmio Sun Dried Tomato Stir in Pasta Sauce, chickpeas and roasted peppers.
3. Serve the couscous salad either topped with a cooked chicken breast (you could pan fry the chicken in Dolmio Sun Dried Tomato Stir in Pasta Sauce for extra flavour) or with the cooked shredded chicken stirred through, plus a drizzle of balsamic glaze if you wish.

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Lunchtime Pasta Salad

Cooking time

15 mins

Prep time

20 mins

Tuscan Chickpea Stew with Jacket Potato

Cooking time

15 mins

Prep time

15 mins

Mushroom and Butternut Squash Bolognese

Cooking time

30 mins

Prep time

10 mins

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