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Chicken and Sun Dried Tomato Cous Cous Salad  
RECIPE

# 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 through 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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