

DOLM!O

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.

Share

- [Pinterest \(opens in new window\)](#)
- [Facebook \(opens in new window\)](#)
- [Twitter \(opens in new window\)](#)
- [Download \(opens in new window\)](#)
- [Print \(opens in new window\)](#)

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

PRODUCTS USED

Dolmio® Stir In Sun Dried Tomato Pasta Sauce

[See details](#)

[Buy Now](#)

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.

More Recipes Like This

[Lunchtime Pasta Salad](#)

Cooking time

15 mins

Prep time

20 mins

[See details](#)

Tuscan Chickpea Stew with Jacket Potato

Cooking time

15 mins

Prep time

15 mins

[See details](#)

Mushroom and Butternut Squash Bolognese

Cooking time

30 mins

Prep time

10 mins

[See details](#)

Source URL:

<https://www.dolmio.co.uk/recipes/chicken-and-sun-dried-tomato-cous-cous-salad>