

CALORIE CONTROL RECIPES

MAINS

Chicken, Couscous and Grape Salad – serves 4

1 onion, cut into quarters
3 chicken breast fillets, cut into strips (about 400g)
1 cup couscous
200 g white seedless grapes
1 packet spinach leaves, washed
½ cup almonds, blanched
½ cup chopped fresh mint

lightly spray a frying pan with cooking spray and heat. Add onion quarters and cook on low to medium heat. Turn occasionally until soft and golden in colour. Remove. Add chicken strips to the frying pan and cook for about 4-5 minutes or until done. Remove. Prepare couscous according to packet. Fold through onions, chicken, grapes, spinach leaves, almonds and mint. Serve immediately.