

**B.PRO**

## Chicken and lime couscous

### Ingredients:

4 tbsp cooking oil  
500 g chicken breast fillet  
4 untreated limes  
Salt and pepper  
1 tsp ground cardamom  
320 g couscous  
1 l vegetable stock  
4 tomatoes  
6 tbsp cashew kernels  
Cinnamon  
3-4 tsp harissa

### Accessories:

Induction wok  
Ceran hob  
Griddle

### Preparation:

Dice the chicken breasts, thoroughly wash the limes and slice.  
Fry both in hot oil. Season with salt, pepper and cardamom.  
Sprinkle in the couscous and pour over the stock.  
Stirring constantly, simmer for approx. 10 mins until the couscous has absorbed all the liquid.  
Dice the tomatoes. Coarsely chop the cashew kernels and brown in the wok.  
Stir both into the chicken and lime couscous.  
Season with cinnamon and harissa and garnish with mint leaves, if you like.

### Notes:

Preparation time: approx. 30 mins / difficulty level: easy / calories p.p.: n/a

Powered by:



**716 g CO<sub>2</sub> per person**

**55 % LESS CO<sub>2</sub> than the average when preparing this recipe.**

More info on this recipe at Eaternity: [www.eaternity.org](http://www.eaternity.org)