

Vegetable couscous with roasted chicken breast

Categoria	Tempo de preparação	Dificuldade	Custo	Com quem?	Nº de pessoas
Receitas de Natal	Médio	Médio	Low	With family	4 pessoas

Ingredientes

- 80ml Gallo First Crop 2019-2020
- 4 chicken breasts with the skin
- 50g carrots
- 50g peas
- 50g zucchini
- 240g couscous
- 240ml water
- 10g garlic
- Salt and black pepper, to taste

Modo de preparação

1. Cut the zucchini and the already peeled carrot in small cubes.
2. Season the chicken breasts with salt and pepper.
3. In a pan, add half of the Gallo First Crop 2019-2020 and the chicken, letting it seal on both sides.
4. Then, put it in the oven for 15 minutes at 180ºC.
5. In the end, let it rest and put aside.
6. Sauté the sliced garlic, the carrots and the zucchini in hot olive oil, add the couscous and the water and, when it starts simmering, turn off the heat and put the lid on for the couscous to hydrate.
7. Serve with the sliced chicken breast on top, adding freshly ground pepper.
8. Finish with a dash of Gallo First Crop 2019-2020 and, if you like strong flavours, add a few drops of pepper.

Produtos utilizados



First Crop 2019-2020

Extra Virgin Premium Olive Oil

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