

Spring greens & chicken couscous salad



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Preparation 20 mins | Cooking 8 mins | Serves 4-6

- 2 tbs olive oil
- 2 garlic cloves, crushed
- 2 tbs lemon juice
- 500g free-range chicken tenderloins, trimmed
- 1 cup wholemeal couscous
- 2 green onions (shallots), trimmed and thinly sliced
- 250g sugar snap peas, trimmed
- 2 bunches baby asparagus, trimmed
- 3 radishes, trimmed and very thinly sliced
- 2 small just-ripe avocados, peeled, deseeded and halved lengthways
- 100g baby mixed salad leaves
- 1/3 cup small mint leaves
- Lemon wedges, to serve

Sriracha dressing:

- 1 tbs sriracha sauce
- 1/3 cup whole egg mayonnaise
- 2 tbs lemon juice

STEP 1 Combine 1 tbs oil, garlic and lemon juice in a bowl. Brush chicken with mixture. Heat remaining 1 tbs oil a large non-stick frying pan over medium heat. Add chicken and cook for 3 minutes on each side or until just cooked through. Transfer to a plate and set aside to cool. Wash the frying pan and set aside.

STEP 2 Meanwhile, to make the dressing, combine all ingredients in a bowl. Mix until smooth and set aside. Place couscous into a heatproof bowl. Pour over 1 cup boiling water. Cover and set aside for 5 minutes. Fluff couscous with a fork. Toss through green onions, season with salt and pepper to taste and set aside.

STEP 3 Fill the clean frying pan with water. Bring to the boil over high heat. Add sugar snap peas and asparagus, cover and return to the boil. Cook for 30 seconds. Drain and refresh in cold water. Set aside to dry on paper towel.

STEP 4 Slice chicken. Arrange chicken, couscous, sugar snap peas, asparagus, radishes, avocados, salad leaves and mint in 4 shallow serving bowls. Drizzle with the dressing and serve with lemon wedges.