

Chicken breast aiguillettes with lemon and black olives, dry fruits couscous

Recipe for 4 persons



Description

Chicken breasts cut in aiguillettes, seared with shallots, garlic and black olives, deglaze with lemon juice. Serve with dry raisins and dry figs couscous.

Ingredients

For the aiguillettes

- 4 Unit(s) Chicken breast
- 2 Unit(s) Shallot
- 4 Unit(s) Garlic
- 45 Ml Pitted kalamata olives
- 3 Unit(s) Lemon
- 6 Sprig(s) Parsley
- 2 Unit(s) Italian tomatoes

- Olive oil
- Salt and pepper

For the couscous

- 200 Gr Couscous
- 6 Unit(s) Dried apricots
- 30 Ml Raisins
- 15 Ml Cumin powder
- 400 Ml Chicken stock

- Olive oil
- Salt and pepper

Preparation

- Preparation time **30.00 mins**

For the preparations

Slice the breasts in big stripes. Chop the parsley and the garlic. Dice finely the shallots, empty the tomatoes and dice the flesh. Slice the olives. Dice finely the dry apricots. Squeeze the lemons and strain the juice.

For the couscous

In a bowl, work the couscous with some olive oil. In a big pot, bring the stock to boil and pour it on the couscous, cover it with a saran wrap and reserve it for 20 minutes. When it's cooked, fix the seasoning, add the cumin, the dry fruits and keep it warm.

For the chicken aiguillettes

In a hot pan with olive oil, pan sear the aiguillettes until coloration, add the shallots and the garlic, cook three more minutes, deglaze with the lemon juice. Add the tomatoes and the olives and cook it two more minutes.

For the plating

In a big plate, build the couscous in a ring bowl, put the aiguillettes and the sauce all around, and finish it with the parsley.

Bon appétit!