

Pumpkin & Chicken Couscous

This tasty pumpkin and couscous combination will have you making it again and again. Easy, colourful, and full of flavour, this recipe is a delicious winner! For the vegetarian alternative, refer to our “Pumpkin & Chickpea Couscous”.



Serves 10 children



50 minutes

INGREDIENTS

- Chicken breast, lean, 1-2cm cubes 500g
- Pumpkin, raw, diced 240g (2 C)
- Canola oil 5g (1tsp)
- Sweet potato, raw, diced 150g (1 medium)
- Onion, raw, diced 90g (1 medium)
- Dates, fresh or dried, finely diced 95g (1/2 C)
- Corn kernels, canned, uncooked 420g (1 can)
- Parsley, fresh 30g (1/2 C)
- Peas, fresh or frozen 250g (1 1/2 C)
- Cumin seeds 8g (1 Tbs)
- Salt 1 pinch
- Pepper 1 pinch
- Couscous, raw 185g (1 C)
- Water, boiling 250g (1 C)

DIRECTIONS

1. Preheat oven to 220°C/200°C fan-forced. Line a baking tray with baking paper. Arrange diced pumpkin and sweet potato in a single layer on prepared tray. Bake for 20 minutes or until pumpkin is golden and tender.
2. Heat oil in saucepan. Pan fry chicken until browned and cooked through. Remove chicken from the pan and brown onion.
3. Meanwhile, place couscous in a heatproof bowl. Add cumin seeds and boiling water. Stir to combine. Stand, covered, for 5 minutes or until liquid has absorbed.
4. Stir couscous with a fork to separate grains. Add pumpkin and sweet potato mixture, chicken, onion, dates, corn, parsley, peas, salt and pepper. Toss gently to combine. Serve.

Allergy Information

Contains: wheat

Childcare RDI Calculator:

Fat		10 %
Vegetables		150 %
Meat/Alt*		100 %
Cereals		60 %
Dairy		0 %
Fruit		30 %

* meat = lean meats, poultry and fish; meat alternatives = eggs, tofu, nuts, seeds, legumes and beans

This recipe is sourced from the Nourish Cookbook: The complete guide for Food Coordinators in Education and Care Services