

COUSCOUS WITH CHICKEN RAS EL HANOUT



USED BRESC PRODUCTS



Bresc Organic garlic puree 325g



Bresc Ras el hanout spice mix 450g



Bresc Roasted garlic puree 325g

INGREDIENTS

10

For the chicken

- 1 whole chicken
- 10 g Bresc Roasted garlic puree
- oil for frying

For the couscous

- 2 shallots, chopped
- 4 g Bresc Organic garlic puree
- 50 g aubergine in brunoise
- 50 g courgette in brunoise
- 10 g Bresc Ras el hanout
- 300 g couscous
- 5 dl chicken stock
- olive oil

For the garnish

- 1 carrot
- ½ green sweet pepper
- 4 radishes

PREPARATION METHOD

Season the chicken with the roasted garlic, salt and pepper and fry on all sides in hot oil. Add a large knob of butter, put in the oven at 160°C and baste the juices over the chicken from time to time. For the couscous, fry the shallot, garlic, aubergine, courgette and ras el hanout in a dash of olive oil. Add the couscous, add the chicken stock, remove from the heat, cover and leave to soak for 10 minutes. Clean the carrot and the sweet pepper and cut into fine julienne. Chop the radishes into thin slices and place in iced water. Bone the chicken, slice it and serve in a dish with the couscous. Garnish with the raw vegetables.