

Recipe – Chicken & Quinoa Couscous

Serves 10 – 12

Ingredients:

- 1/4 cp. extra virgin olive oil
- 10 cloves garlic – minced
- 2 large onions – chopped
- 2 tbs. curry powder
- 2 tbs. coriander
- 3 cinnamon sticks
- 1-2 carrots - scraped & sliced
- 3 lbs. cubed organic chicken meat
- 6 zucchini - chopped 1/2" pieces
- 1 lb. package drained chick peas
- 1 cup water
- 1 tbs. chicken base
- 2 cups couscous
- 4 cups water

Directions:

Sauté onions and garlic in olive oil

Add curry powder, coriander, and cinnamon sticks, and sauté

Add carrots

Add chicken and continue to sauté

Add zucchini after sauté is almost complete

Add chick peas and water

Add chicken base and simmer a few minutes till zucchini is tender

Prepare quinoa according to package directions and serve Chicken over the quinoa