



## Saffron Israeli Couscous with Chicken & Vegetables – Serves 2

### INGREDIENTS

- ½ cup of Israeli Couscous
- 25 mgs Eladnelle Saffron – soaked for previous 24-hours
- One breast of Roast Chicken (no skin) sliced,
- 3 artichoke hearts sliced thinly,
- 100 grams of semi sun-dried tomatoes sliced thinly,
- Handful of sultanas,
- 50 grams of pistachio nuts roughly chopped,
- ½ red onion thinly sliced,
- Flesh from 1 avocado,
- 50 grams of shaved parmesan cheese,
- Small handful of mint leaves, finely diced,
- Juice of half a lemon.

### METHOD

**Step 1** – Combine Israeli Couscous and Soaked Saffron with 1 ¼ cups of water in a saucepan, bring to a simmer (with lid on), cook till water is absorbed, about 10 mins. Remove from heat and leave lid on for 5 minutes. Allow to cool before adding to other ingredients.

**Step 2** – Combine rest of ingredients in a large bowl and stir well to ensure lemon juice has covered all ingredients.

**Step 3** – Once Israeli Couscous has cooled sufficiently, add to rest of ingredients and combine well.

**Step 4** – Serve.

**Other suggestions for ingredients:** Pomegranate, Mango slices.

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