

# Lunchbox Laughter

## A Touch of Spice!



### Cheats Coronation Chicken

#### Ingredients:

1 cooked chicken breast (sliced)  
Handful seedless grapes  
Handful walnuts  
Bag of salad

#### Dressing

1 tablespoon mayonnaise  
1 tablespoon plain yoghurt  
1 teaspoon curry powder

#### Equipment:

Grill and grill pan  
Knife  
Chopping board  
Mixing bowl  
Spoon



#### Method:

1. Pre-heat the grill to a medium heat and grill chicken for 5 minutes on each side until golden brown in colour. Juices should run clear.
2. Set aside to cool, cut into thin strips.
3. Halve the grapes and roughly chop the walnuts.
4. Combine all dressing ingredients in a mixing bowl.
5. Add chicken, grapes and walnuts into the dressing bowl and combine.
6. Serve with a pile of salad leaves.

### Moroccan Style Couscous

#### Ingredients:

360 grams couscous  
500ml vegetable stock  
1 tablespoon olive oil  
100 grams dried apricots  
50 grams raisins

#### Equipment:

Weighing scales  
Bowl  
Kettle  
Chopping board  
Knife



#### Method:

1. Prepare the stock as per the instructions on the packet.
2. Place the couscous in a large bowl and pour over the stock, place a lid on top of the bowl to steam the couscous. Leave for 10 minutes
3. Chop the apricots into quarters.
4. Once the couscous is cooked add the olive oil and break up the couscous with a fork.
5. Mix in the apricots and the raisins, serve and enjoy!