

# Lunchbox Laughter

## Lucious Lemon



### Lemon Couscous

#### Ingredients:

150g dried cous cous  
Vegetable stock cube  
410g can of chickpeas (drained)  
4 medium sized tomatoes  
1 green pepper  
1 teaspoon dried herbs  
Zest and juice of one lemon  
Black pepper to taste

#### Equipment:

Mixing bowl  
Plate  
Chopping board  
Knife  
Zester  
Lemon juicer



#### Method

1. Following the instructions on the pack, make up the couscous using the vegetable stock cube. Set aside to cool.
2. Drain and rinse chickpeas.
3. Dice the tomatoes and pepper into small cubes
4. Stir the chickpeas, tomatoes, peppers and dried herbs into the cooled couscous
5. Add the zest and juice of one lemon and black pepper to taste,
6. Refrigerate and serve!

### Lemon Chicken

#### Ingredients

2 chicken breasts  
Juice and zest of 1 lemon  
1 tablespoon olive oil  
Handful thyme (optional)  
Black pepper to taste

#### Equipment

Mixing bowl  
Chopping board  
Knife  
Lemon juicer



#### Method

1. Cut chicken breasts into thin strips (and wash hands thoroughly).
2. Make marinate by zesting and juicing the lemon into a large mixing bowl. Add the olive oil, thyme leaves and black pepper.
3. Place chicken into marinate, cover and refrigerate for 4 hours to infuse.
4. Grill chicken for 8 – 10 minutes on a medium heat until the chicken is white throughout and the juices run clear.
5. Set aside to cool
6. Can be eaten alone or added to a pasta salad or add to a sandwich and serve with a fresh crispy salad.