

Recipe of the Week

Chicken Marinated with Summer Vegetables

Ingredients

5 chicken breasts
1 lemon for juice
1 ½ tsp salt
½ tsp pepper
1 tsp curry
3 sprigs of parsley
150g carrots
200g courgettes
½ red pepper
½ green pepper
1 onion
4 garlic cloves
70g olive oil
70g tomato puree
400g crushed tomatoes
100g water
300g couscous
100g crème fraiche / plain yoghurt

Method

- Marinate chicken breasts in lemon juice, salt, pepper, curry and parsley for about 1 hour
- Cut carrots, courgettes and peppers and place in the simmering basket, set aside
- Place tomatoes in TM bowl and chop for 5 sec / speed 5
- Set aside
- Place onion and garlic in TM bowl and chop for 5 sec / speed 5
- Add 50g olive oil and the tomato puree and sauté for 5 min / Varoma / speed 1
- Place 4 chicken breasts in Varoma receptacle. Cut one breast into small pieces and place in TM bowl
- Add crushed tomatoes, left over chicken marinade and 100g water into TM bowl.
- Insert simmering basket and put Varoma in place and cook for 20 min / Varoma / speed 2
- Remove Varoma and simmering basket and set aside
- Add crème fraiche / plain yoghurt to TM bowl and mix for 40 sec / speed 10
- Place couscous in a bowl and add boiling water and 20g olive oil, mix well until water and olive oil is absorbed by the couscous
- Add chicken and the vegetables and pour gravy over



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