



# Tomato-Basil Chicken with Mediterranean Cous Cous

NIBBLEDISH CONTRIBUTOR

## Ingredients

**TOMATO-BASIL CHICKEN:** - 4 chicken thighs - olive oil - 1 clove garlic, mashed - 1/2 onion, finely chopped - 1/2 punnet cherry tomatoes, chopped - fresh basil, chopped - 2 tsp tabasco sauce - 2 small red chillies, chopped  
**MEDITERRANEAN COUS COUS:** - 100g cous cous, cooked - olive oil - 1 clove garlic, mashed - 1/2 onion, finely chopped - 1/2 red capsicum, finely chopped - 1/2 tbsp butter - 1/2 punnet cherry tomatoes, chopped - fresh basil, chopped - parmesan cheese, crumbled

## Instructions

**TOMATO-BASIL CHICKEN:** 1. Sear chicken for 2-3mins on each side in olive oil on medium heat 'til brown. Remove and set aside. 2. Sautee onion and garlic in olive oil. 3. Add chicken, cherry tomatoes, basil, tabasco, chillies, salt/pepper. Add 1 tbsp hot water. 4. Reduce heat and cover to cook for 5 mins, stirring every minute.  
**MEDITERRANEAN COUS COUS:** 1. Pre-heat oven to 175c 2. Cook garlic, onion and capsicum in olive oil 3. Mix cooked cous cous with vegetables, cherry tomatoes, basil and butter. Add salt/pepper. 4. Bake 20mins, then sprinkle with Parmesan