



Mediterranean Chicken and Portobello Couscous

The Spa at Camelback Inn

Servings: 1

Ingredients:

4 oz chicken breast

1 tbsp. of diced Portobello mushroom

½ tsp. garlic

½ tsp shallot

1 tsp. mixed diced peppers

1 tbsp. red pepper coulis

1-2 tsp. lemon juice

1-2 tbsp. chicken stock

1-2 tbsp shaved fennel for extra flavor and texture

½ - ¾ cup Israeli couscous (Precooked with mushroom, shallot, peppers and garlic)

Method of Preparation:

- Start with a lemon and oregano marinated chicken roast until done.
- Pull the meat from the bone and separate most of the meat.
- Start off with a hot sauté pan. Coat the pan with olive oil and add 1/2 of mushrooms, all of the chicken, 1/2 shallot along with 1/2 of the garlic. Bring up to heat and hit with lemon juice and half of your chicken stock season with s+p and finish with fennel.
- In a separate hot sauté pan, start your remaining mushrooms, peppers, shallot and garlic with couscous. Heat through and hit with red pepper coulis. Add the rest of chicken stock. Bring to temp. Adjust seasoning.
- Stripe your plate with coulis and make a bed with the couscous and lay the chicken over the top. Garnish with fennel and sautéed mushroom.