

## Spiced chicken traybake with cous cous & chickpea salad

### Ingredients: (Serves 4)

4 chicken thighs, skin on, bone in  
1 red onion, sliced thickly  
1 red capsicum, sliced thickly  
1 zucchini, sliced thickly on an angle  
2 tablespoons olive oil  
2 tablespoons red wine vinegar  
2 teaspoons ground cumin  
2 teaspoons ground coriander  
pinch of salt  
½ cup cous cous  
400g tin chickpeas, drained and rinsed  
½ bunch of parsley, leaves and stems roughly chopped  
2 tablespoons of currants  
2 tablespoons roasted almonds, roughly chopped  
juice of 1 lemon  
½ cup reduced-fat Greek yoghurt

### Method:

1. Preheat oven to 200°C (fan-forced). In a large baking dish, toss together chicken, onion, capsicum, zucchini, oil, vinegar, cumin, coriander and salt until well coated. Spread into an even layer and turn chicken skin-side up. Bake for 30-35 minutes or until chicken is cooked through and skin is golden and crispy.
2. Meanwhile, place couscous in a large bowl and pour over enough boiling water to just cover. Allow to sit for 2-3 minutes before fluffing with a fork. Stir through chickpeas, parsley, currants, almonds and lemon juice.
3. Serve chicken with baked vegetables, cous cous salad and a dollop of yoghurt.