



## TUESDAY

THAW Veggie Sauce

### CITRUS CHICKEN CAULIFLOWER COUSCOUS

**Cost per serving \$5.31**

**PREP 10 min COOK 5 min SERVES 4**

- 1 tbsp Longo's 100% Pure Canola Oil
- 2 green onions, chopped
- 2 cups cooked Longo's Pearl Couscous (from Sunday prep)
- 1 batch roasted herb chicken and cauliflower (from Sunday prep)
- 1/2 cup Longo's Mango Peach Chutney
- 1 orange, peeled and sliced
- 1 tbsp each chopped fresh parsley and Longo's Mint

HEAT oil in a non-stick skillet over medium heat; cook onions for 1 minute. Stir in couscous and Roasted Herb Chicken and Cauliflower.

COOK, stirring for 2 minutes to heat through. Add chutney, orange, parsley and mint; stir to combine. Remove from heat.

PER SERVING: 571 calories; 37 g protein; 19 g fat; 62 g carbohydrate; 5 g fibre; 20 g sugars; 534 mg sodium