



## INGREDIENTS

- 4 Tablespoons Oil (divided)
- 1½ Pounds Chicken Thighs (boneless, skinless)
- 2 Cups Couscous (enriched or whole grain rich)
- 1 Teaspoon Paprika
- ½ Teaspoon Curry Powder
- Salt and Pepper (to taste)
- ¾ Cup Onion (chopped)
- 1 Scotch Bonnet or Habanero Pepper (optional; seeded and minced)
- 3 Teaspoons Garlic (minced)
- 1 Cup Red Bell Pepper (diced)
- ½ Cup Green Onion (sliced and divided)
- 2 Cups Chicken Stock
- Fresh Parsley (chopped)

## DIRECTIONS

1. Cut the chicken into cubes or strips. Heat 2 tablespoons of oil in a medium pan over medium heat. Add the chicken and season with paprika, curry powder, salt, and black pepper. Cook for about 7 minutes, or until fully cooked. Remove from heat and set aside.
2. Add the remaining 2 tablespoons of oil to the same pan. Add the onions, scotch bonnet or habanero pepper (if using), garlic and bell peppers. Stir-fry for 3 to 5 minutes, until fragrant.
3. Stir in half of the green onions, then add the chicken stock and bring to a rolling boil.
4. Add the couscous and stir briefly. Cover immediately, remove from heat, and let it sit for 5 to 6 minutes.
5. Fluff with a fork, then stir in the cooked chicken, remaining green onions, and parsley.

## MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

## MEAL TYPE

 Lunch/Supper

## YIELD

10 Cups

## PORTION SIZES

**Toddler:** ¾ Cup

**Preschool:** 1 Cup

**School Age:** 1½ Cups

**Adult:** 1½ Cups