

# Cous Cous Chicken Salad

## INGREDIENTS

- 500ml Cous cous, cooked
- 25g sundried tomatoes, chopped
- 2 RAINBOW Chicken Breasts
- 125ml French salad dressing
- 30ml fresh mint, chopped
- 15ml fresh parsley, chopped
- Half red onion, finely chopped
- Half cucumber, diced
- 80ml flaked almonds
- Salt & pepper to taste

## DIRECTIONS

Prepare Cous Cous according to packet instructions. Pour a little hot water over the sundried tomatoes to rehydrate them before chopping. Remove the skin and bones from the chicken and cut into strips or cubes. Heat oil in a frying pan, add the chicken and 25ml salad dressing, fry until the chicken is cooked through. Remove from the heat. Toss together with the remaining ingredients in a bowl, season with salt and pepper. Serve as a main meal or side dish.