



## *Balsamic Roasted Chicken with Thyme Cous Cous*

Preparation Time: 15 mins

Cooking Time: 30 mins

Serves: 4

Difficulty: Easy

### INGREDIENTS

#### Marinade

4 Chicken Breasts  
100ml/3.38oz balsamic vinegar  
100 grams/3.5oz brown sugar  
200ml/6.76oz chicken stock  
1 clove crushed garlic

#### Cous Cous

150 grams cous cous  
250ml/1 cup chicken stock  
1 clove crushed garlic  
1 teaspoon fresh thyme chopped  
1 small yellow/brown onion finely chopped  
1 tablespoon olive oil

#### Balsamic Reduction

150ml/5.07oz balsamic vinegar  
150ml/5.07oz tawny port

#### Note

For the balsamic reduction, you can replace by purchasing Balsamic Glaze in a bottle from the store. Big timesaver.

I serve this dish with roasted root vegetables; carrots, sweet potato, parsnip, etc. I like to also add zucchini.

### DIRECTIONS

1. In a saucepan, combine all the marinade ingredients and heat on medium heat until the sugar dissolves.
2. Let cool then add chicken and let marinade for at least 4 hours, overnight is better.
3. Prepare the cous cous in advance. In a small pan, add the olive oil, onion, garlic and thyme. Saute until the onion is translucent and soft.
4. Place the cous cous in a bowl, add the onion/thyme mixture, stir through and cover.
5. Preheat oven or grill to 425f/218c (medium-high). If grilling, lightly brush grill grate with oil. For the oven, lightly spray oven dish with oil.
6. Pat dry the chicken breasts with paper towel.
7. Grilling – Cook 5-8 mins each side. Baking – Cook for 22-24 minutes uncovered. Check for doneness around 20-minute mark. Cooking time will vary according to the size of the chicken breasts. Internal temp should be 165f/73.8c
8. Let rest for 8 minutes before slicing into thick slices.
9. While the chicken is cooking, in a small saucepan, add the balsamic vinegar and port. Bring to a boil until the mixture reduces and can coat the back of a spoon.
10. In a small saucepan, bring the chicken broth to a boil, then add to the cous cous, mix through and cover and leave for 2 minutes.
11. Arrange cous cous on a plate, top with chicken and drizzle balsamic reduction over chicken.