

Chicken & Veg couscous cake

Serves 4



Ingredients

200g/7oz couscous
125g/5oz mushrooms/2 handfuls, sliced finely
75g/3oz reduced fat mature cheese, grated
200g/7oz cooked chicken, chopped
150g/5oz/small can of sweetcorn, drained
150ml/5fl oz water
2 tablespoons low fat crème fraiche
1 large leek or onion, finely sliced
1 stock cube
Pepper and mixed herbs, for seasoning

Method

1. Cook the couscous according to packet instructions
2. Heat the stock cube in a frying pan. Add the leeks/onions, sweetcorn and mushrooms to the pan and cook over a medium heat for 4-5 minutes, stirring occasionally, until tender and golden. Add a little water if it starts to stick.
3. Add the chicken, crème fraiche, $\frac{1}{4}$ of the cheese and water. Stir in the couscous, ensuring the mixture is not too wet or too dry. Add the pepper and mixed herbs to taste.
4. Pat mixture down firmly in the pan to form a cake/thick omelette shape and sprinkle the left over cheese evenly over the top.
5. Cook over a fairly gentle heat for 15 minutes or until the underside is crisp and golden.
6. To cook the top and melt the cheese grill on a medium heat for 10- 15 minutes until the cheese is melted.