

Chicken, Shrimp & Couscous Skillet

Serves 2

Ingredients

- 250 g boneless skinless chicken thigh, cut into 2–3 cm pieces
- 200 g shrimp, peeled and deveined (fresh or frozen)
- 1 T / 15 g olive oil
- 100 g onion, finely chopped
- 2 cloves garlic (6 g), minced
- 1 can (400 g) no-salt-added diced tomatoes, undrained
- 200 ml reduced-sodium chicken broth (see Sodium Notes)
- 1/2 tsp smoked paprika
- Small pinch saffron threads (optional)
- 90 g dry couscous (regular fine couscous)
- 60 g frozen peas
- 15 g walnuts per serving (30 g total), roughly chopped
- 1/4 tsp crushed red pepper OR 1/4 tsp mild gochugaru
- 1/4 tsp salt / 1.5 g
- 1/8 tsp MSG / 0.5 g
- Chopped fresh parsley
- Lemon wedges (for serving)



Instructions

- 1. Optional frozen shrimp prep (skip if using fresh):**
 - Place frozen **shrimp** in a bowl and cover with cold water.
 - Add ½ tsp **salt**, **soak 15–20 minutes**.
 - Drain and pat very dry.
- 2. Toast walnuts (recommended):**
 - Toast chopped **walnuts** in a dry skillet over **medium-low heat 2–3 minutes** until fragrant.
 - Remove and set aside.
- 3. Cook chicken:**
 - Heat 1 tsp of the **olive oil** in a large skillet over **medium**.
 - Add **chicken**; **cook 4–5 minutes** until lightly browned.
 - Remove chicken to a plate.
- 4. Aromatics:**
 - Add remaining **oil**.
 - Cook **onion 3–4 minutes**.
 - Add **garlic**; cook **30 seconds**.
- 5. Build the base:**
 - Add **tomatoes, broth, smoked paprika**, and saffron (if using).
 - Bring to a gentle boil.
- 6. Hydrate couscous (stovetop-only):**

- Stir in **couscous**.
 - Cover and remove from heat; **let stand 5 minutes**.
- 7. Finish with shrimp and peas:**
- Fluff **couscous**.
 - Return **chicken** to skillet.
 - Add **shrimp** and **peas**.
 - Cover and cook on **low 3–4 minutes** until shrimp are opaque.
- 8. Season and serve:**
- Stir in **salt, MSG**, and **crushed red pepper** (or **gochugaru**).
 - Fold in toasted **walnuts** at the end.
 - Top with **parsley** and serve with **lemon wedges**.

Notes

- Use crushed red pepper (一味唐辛子) or mild gochugaru instead.
- Sodium Notes: This version uses measured salt + MSG. If your broth is higher-sodium, dilute with water (e.g., 1:1) and adjust with paprika/garlic for flavor.
- Shredded chicken note: This recipe was designed for shredded leftovers, but bite-size chicken pieces work better for weeknight cooking and texture.

Nutrition (Per Serving)

Kcal: 752 | Protein: 60 g | Fat: 31 g | Sat. Fat: 6 g | Carbs: 59 g | Sugars: 11 g | Fiber: 9 g | Sodium: 718 mg | Omega-3: 1.71 g

Nutrition (Total Dish)

Kcal: 1504 | Protein: 121 g | Fat: 63 g | Sat. Fat: 12 g | Carbs: 117 g | Sugars: 22 g | Fiber: 18 g | Sodium: 1437 mg | Omega-3: 3.42 g