

Pull-out and keep **RECIPE**

Summer Camp 2009

food active

- Learn to cook
- Play sports
- Make friends
- Have fun
- Get fit

*Garth
McColgan*

FAMILY
DISCOUNTS



www.foodactive.ie

In association with Aldi



As seen on Nationwide and
The Health Squad on RTE.
"Best Summer Camp in
Dublin" – Dubliner magazine.

One week and two week
courses for boys and girls
aged 11-17 at The Teresian
School (opposite RTE), Dublin 4.

Join us for a fun-filled time
this Summer!
086-806-6111
Buses 7, 7A, 8, 10 and 46A –
Sydney Parade Dart Station

Wrapped in sunshine

Chicken cocooned in couscous, with a sweet mango bite



Perfect with...

**Pinot Grigio
Trentino**

€8.75
75cl,
€8.75 per 75cl

"With its powerful citrus flavours and peach/apricot notes, this classic Italian white with a crisp dry finish is an absolute joy with chicken dishes."

Garth McCollgan

Couscous Chicken with Mango Sauce

Serves 4

Ingredients

1 pack Lemon couscous, cooked as per pack instructions	1 Egg
200ml boiling water	2 tbs White Wine Vinegar
4 Chicken Fillets, cut across width-wise	2 tbs Brown Sugar
1 tbs Soy Sauce	1 tsp Salt
1 pack Dried Mango	1 Red Onion, finely sliced
1 Tea Bag	1 clove Garlic, roughly chopped
2 tbs Flour	8 Lettuce leaves, shredded
	1 pack Mediterranean Wraps

Method

1. Put mangoes in a bowl; add the tea bag, soy sauce and boiling water. Leave for 15 minutes.
2. Remove tea bag and put mangoes, plus the liquid, into a baking dish.
3. Add onions, garlic, vinegar, sugar and salt; bake for 20-25 minutes at 180°C until the mango mix has a nice glaze. Keep warm.
4. Beat the egg lightly in a bowl.
5. Put the flour on one plate and some of the cooked couscous on another.
6. Dredge the chicken first in the flour, then the egg, and finally the couscous.
7. Fry gently in hot oil for 5 minutes on each side until coloured. Turn down the heat and cook for a further 5 minutes on each side until cooked.
8. Serve the chicken sliced on a warmed Mediterranean wrap with some of the shredded lettuce. Top with the mango sauce.



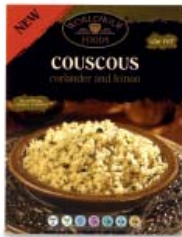
"Mediterranean money saver"

"It doesn't cost a packet to fill the family with my Med-style chicken and mango wraps. After all, Aldi has all the ingredients you require, for a price that will bring a ray of sunshine into your weekly shopping bill."

Couscous Chicken with Mango Sauce



Garth McColligan



Coriander and Lemon Couscous

99c PER PACK

198g, €5 per kg
Also available in Roasted Vegetable, Hot and Spicy and Green Thai Style flavours.



Irish Chicken Breast Fillets

€5.99 PER PACK

454g, €13.19 per kg



Plain Flour

72c PER PACK

2kg, 36c per kg



Light Brown Soft Sugar

84c PER PACK

500g, €1.68 per kg



Free Range Medium Eggs

€1.59 PER PACK

6 pack, 26.5c per egg



Soy Sauce

€1.49 EACH

250ml, €5.96 per litre



Dried Mango

€1.99 EACH

125g, €15.92 per kg



White Wine Vinegar

€1.29 EACH

500ml, €2.58 per litre



Red Onion

69c EACH

750g, 92c per kg



Lettuce

69c EACH



Garlic

79c EACH

250g, €3.16 per kg



Tea Bags

Store cupboard item

Mediterranean Wraps

99c PER PACK

5 pack, 198c each