

## WH TESTS IT

### Go with the grain

Three hungry WH staffers gave grains a red-hot go

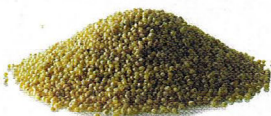
Wholegrains are bursting with benefits, says WH nutritionist, Kristen Beck: "They're rich in dietary fibre, essential vitamins (folate, B6 and vitamin E), minerals (especially magnesium and zinc) and natural antioxidants and phytoestrogens," she says. "Research shows people who regularly eat wholegrain foods are 20-40 per cent less likely to develop heart disease and type 2 diabetes, less likely to develop colon cancer and may be more successful in maintaining a healthy weight."



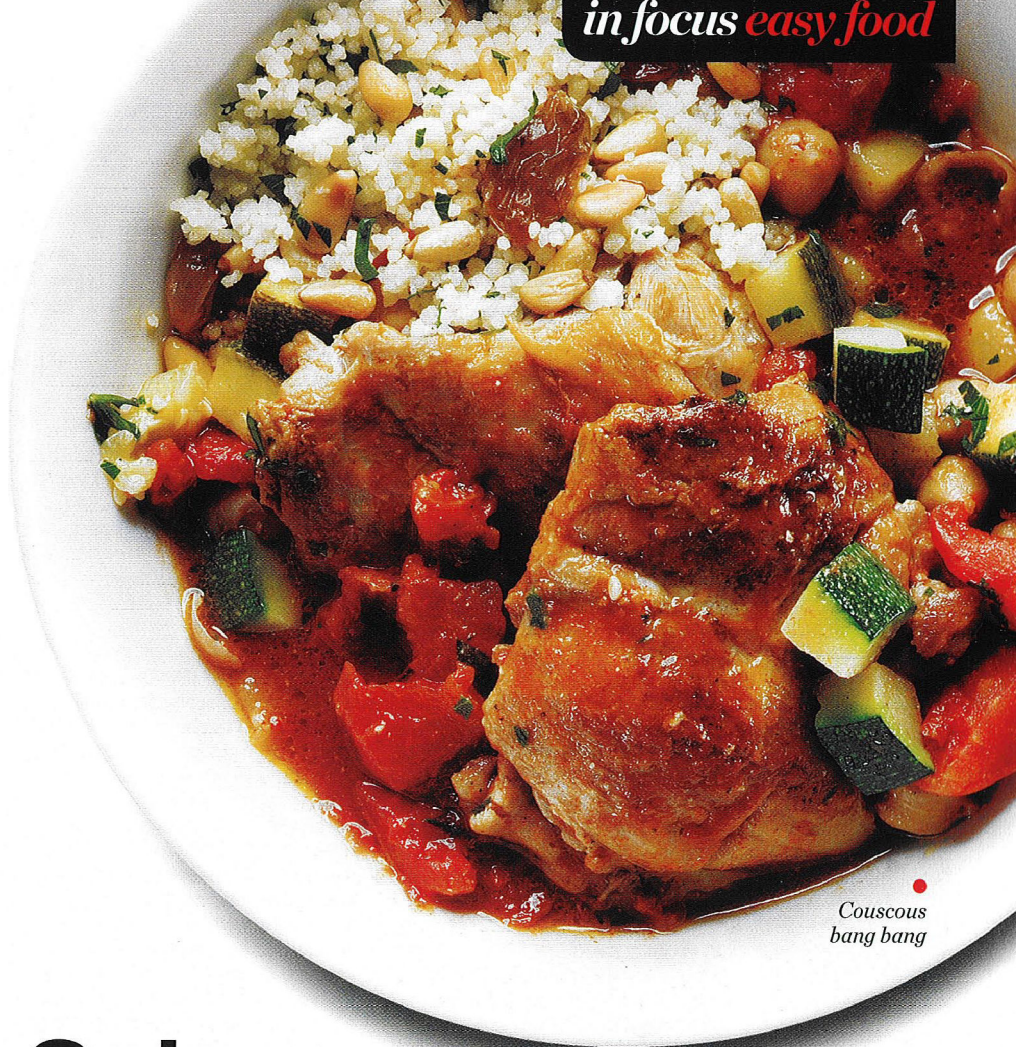
**POLENTA** "I chose an easy recipe, adding butter and parmesan. It was easy to cook, great value for money and a nice alternative to couscous or rice. You can serve it soft, or set it in the fridge then pan fry or grill slices as a tasty cornbread." *Renee, 27*



**QUINOA** "While not as substantial as some grains, I really enjoyed the nutty taste – it also smelt great while cooking (use the absorption method). I used it in place of rice with this chicken and zucchini dish I make; it was awesome." *Alison, 36*



**MILLET** "I'd never cooked this before, and my attempt was a disaster, but to be fair there were no instructions on the pack. A website I found said millet needs to be covered while simmering – mine wasn't. Oops." *Caelia, 28*



Couscous bang bang

## Spice market

Create a flavour-packed dish in 20 minutes



500g boneless, skinless chicken thighs

1 large zucchini, cut into cubes

1 can (400g) diced tomatoes

1 can (400g) chickpeas

$\frac{1}{2}$  cup couscous

### Moroccan stewed chicken with couscous

#### You'll also need

$\frac{1}{2}$  tbs olive oil  
1 cup chicken stock or water  
 $\frac{1}{2}$  tsp cayenne pepper  
1 tsp ground cumin  
 $\frac{1}{2}$  tsp ground cinnamon  
2 tbs sultanas  
 $\frac{1}{4}$  cup chopped coriander

#### How to make it

**1** Place oil in a large sauté pan or wide pot over medium-high heat.  
**2** Season chicken with salt and black pepper and cook in pan until browned, 2 to 3 minutes per side. Add zucchini and continue cooking, stirring often.  
**3** When zucchini pieces have browned lightly, add chickpeas, tomatoes, chicken stock, cayenne, cumin, and cinnamon. Turn heat to low and simmer until chicken is tender and cooked through, 10 to 15 minutes. Season to taste with more salt and pepper; garnish with chopped coriander.  
**4** Cook  $\frac{1}{2}$  cup couscous per package instructions and mix with 2 tbs sultanas, 2 tbs toasted pine nuts, and  $\frac{1}{4}$  cup chopped coriander.

**Makes 4 servings** Per serve: 1873kJ, 12.7g fat (2.2g sat), 41.6g carbs, 696mg sodium, 8g fibre, 37.5g protein