



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: FETA CHEESE

The term 'feta' comes from the Greek word "Pheta" and can be translated as 'slice'. It is traditionally made from a combination of sheep and goats milk.

2. CHICKEN TENDERLOINS WITH MOROCCAN COUSCOUS

 30 Minutes

 4 Servings

Using our own hand-blended Moroccan spice mix, this is a quick and easy dinner! Tasty chicken tenderloins served on pearl couscous tossed in an orange dressing.

FROM YOUR BOX

PEARL COUSCOUS	1 packet (250g)
RED ONION	1/2 *
ALMONDS	1/2 packet (65g) *
ORANGE	1
MOROCCAN SPICE MIX	1 packet (20g)
CHICKEN TENDERLOINS	600g
CHERRY TOMATOES	1 packet (200g)
YELLOW CAPSICUM	1
BABY SPINACH	1 bag (60g)
FETA CHEESE	1/2 packet *

* Ingredient also used in another recipe

FROM YOUR PANTRY

olive + oil for cooking, salt, pepper, red wine vinegar, honey

KEY UTENSILS

saucepan, frypan

NOTES

Slice and add chicken to salad if you like or leave all components separate for everyone to construct their own plate.

No gluten option - pearl couscous is replaced with brown rice. Cook in boiling water for 15-20 minutes or until tender. Drain and rinse.



1. COOK THE COUSCOUS

Bring a saucepan of water to the boil. Add pearl couscous and cook for 8 minutes or until tender but still firm. Drain and rinse in cold water.



2. SAUTÉ THE ONION AND ALMONDS

Heat a large frypan with **oil** over medium-high heat. Slice and add onion, sauté for 2-3 minutes. Roughly chop almonds, add to pan and cook for a further 2-3 minutes or until toasted. Transfer to a large bowl, keep frypan over heat.



3. MAKE THE DRESSING

Zest orange and whisk to combine with **3 tbsp olive oil, 1 tbsp vinegar, 1 tsp honey, 1 tsp Moroccan spice mix, salt and pepper.**



4. SEASON & COOK THE CHICKEN

Toss chicken tenderloins with 2 tbsp Moroccan spice mix. Add to pan and cook for 3-4 minutes on each side or until cooked through (add more **oil** if needed).



5. TOSS THE SALAD

Halve (or quarter) cherry tomatoes, dice capsicum and orange. Add to the bowl with roughly chopped spinach and pearl couscous. Toss all together with the dressing.



6. FINISH AND PLATE

Serve Moroccan couscous with spiced chicken tenderloins. Top with crumbled feta cheese.