

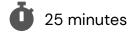




# **Moroccan Chicken**

# with Couscous

Diced chicken breast cooked in a flavourful blend of orange and Moroccan spices from Turban Chopsticks and served with fluffy couscous tossed with oven-roasted vegetables and finished with parsley.





2 servings



# Slow cook it!

Add the chicken, vegetables, spice mix and orange juice to a slow cooker! Cook on low until the sweet potatoes are tender. Serve on a bed of couscous.

PROTEIN TOTAL FAT CARBOHYDRATES

58g 127g

#### FROM YOUR BOX

ZUCCHINI	1
RED CAPSICUM	1
SWEET POTATO	300g
COUSCOUS/CURRANTS	1 packet
ORANGE	1
DICED CHICKEN BREAST	300g
MOROCCAN SPICE MIX	1 packet
PARSLEY	1 packet

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cumin

#### **KEY UTENSILS**

large frypan, oven tray, kettle

#### **NOTES**

You can use less spice mix if you prefer milder flavours.

No gluten option - couscous/currants is replaced with quinoa/currants. Place quinoa/currants in a saucepan and cover with plenty of water. Bring to a boil and simmer for 10-12 minutes or until tender. Drain and rinse. Drain quinoa for a minimum of 5 minutes or press down in a sieve to squeeze out excess liquid.





#### 1. ROAST THE VEGETABLES

Set oven to 220°C.

Dice zucchini, capsicum and sweet potato. Toss on a lined oven tray with **oil**, **1 tsp cumin**, **salt and pepper**. Roast for 20 minutes or until sweet potato is tender.



# 2. COOK THE COUSCOUS

Boil the kettle.

Place couscous and currants in a heatproof bowl with 1/2 orange zest and a pinch of salt. Pour over 3/4 cup hot water from kettle. Cover and set aside.



#### 3. SEAL THE CHICKEN

Heat a frypan with **oil** over medium-high heat. Add chicken and 1/2 Moroccan spice mix (see notes). Cook for 4-5 minutes until golden and sealed. Season with **salt and pepper**.



### 4. SIMMER THE SAUCE

Squeeze in orange juice and pour in 1/4 cup water. Simmer for 5 minutes over medium heat or until chicken is cooked through.



# 5. TOSS THE COUSCOUS

Stir couscous with a fork to separate the grains. Add to tray with vegetables and combine well. Season with **salt and pepper** to taste.



## 6. FINISH AND SERVE

Serve chicken and sauce with veggie couscous. Top with chopped parsley.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on 0481 072 599 or send an email to hello@dinnertwist.com.au



