



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Honey

Fewster's Farm raw honey is 100% natural and comes straight from beehives located in WA. We love the natural sweetness it adds to this dish.



B2 Sticky Honey Chicken with Pearl Couscous & Feta

Sticky honey and balsamic chicken, sliced and served on a bed of colourful roast veggies tossed with pearl couscous, basil and feta.

 35 minutes

 2 servings

 Chicken

17 June 2022

Switch it up!

You can simmer the chicken and vegetables in a slow cooker with chopped tomatoes to make a stew! Add ground spices or simmer sauce of choice and serve with pearl couscous.

FROM YOUR BOX

SWEET POTATOES	300g
RED ONION	1
CHERRY TOMATOES	1 bag (200g)
HONEY SHOT	1
CHICKEN THIGH FILLETS	300g
PEARL COUSCOUS	150g
FETA CHEESE	1 packet (200g)
BASIL	1 packet (20g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, balsamic vinegar, dried oregano, soy sauce

KEY UTENSILS

oven tray, frypan or griddle pan, saucepan

NOTES

You can roast the vegetables on 2 separate oven trays if needed.

No gluten option - pearl couscous is replaced with fresh gluten-free pasta. Add to boiling water and cook according to packet instructions until al-dente. Drain and rinse as per step 4.



1. ROAST THE VEGETABLES

Set oven to 220°C. Place saucepan of water on to boil (for step 4).

Dice sweet potato (2-3cm) and wedge onion. Toss on a lined oven tray with tomatoes **1 tsp oregano, oil, salt and pepper** (see notes). Roast for 20-25 minutes until cooked through.



4. COOK THE COUSCOUS

Add pearl couscous to boiling water and cook for 8 minutes or until tender but still firm. Drain and rinse with cold water.



2. MAKE THE DRESSING

Whisk together honey, **2 tbsp balsamic vinegar, 1 tbsp soy sauce** and **1 tbsp olive oil**.



5. TOSS THE COUSCOUS

Dice feta cheese (use to taste) and slice basil leaves (reserve some for garnish). Toss together with roast vegetables, couscous and remaining dressing.



3. COOK THE CHICKEN

Heat a frypan over medium-high heat with **oil**. Coat chicken with 1/2 tbsp dressing and cook in pan for 6-8 minutes each side or until cooked through.



6. FINISH AND SERVE

Divide couscous among shallow bowls. Slice chicken and place on top. Garnish with reserved feta and basil.

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

