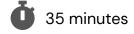




# **Sticky Honey Chicken**

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.







# 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

BUTTERNUT PUMPKIN	1
RED ONION	1
CHERRY TOMATOES	1 bag (200g)
HONEY SHOTS	2
CHICKEN THIGH FILLETS	600g
PEARL COUSCOUS	300g
FETA CHEESE	1 packet (200g)
BASIL	1 packet (60g)

#### 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 chicken with the vegetables if preferred!

No gluten option - pearl couscous is replaced with gluten-free pasta. Add to boiling water and cook according to packet instructions until aldente. 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 pumpkin (2-3cm) and wedge onion. Toss on a lined oven tray with tomatoes 2 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, 1/4 cup balsamic vinegar, 2 tbsp soy sauce and 2 tbsp olive oil.



#### 3. COOK THE CHICKEN

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



# 5. TOSS THE COUSCOUS

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



### 6. FINISH AND SERVE

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



