



Product Spotlight: Fennel

Fennel has a mild licorice flavour and is a very versatile vegetable! If you are not used to cooking with fennel, try substituting with celery or even onion in some recipes with fennel!



Chicken Saganaki with Pearl Couscous

A flavourful, fresh Greek-style tomato and fennel stew with chicken tenderloins and crumbled feta cheese, served with pearl couscous.



25 minutes



2 servings



Chicken

Add a little extra!

You can garnish this dish with a wedge of lemon and fresh chopped parsley at the end!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	59g	25g	73g

FROM YOUR BOX

PEARL COUSCOUS	150g
FENNEL	1
CHERRY TOMATOES	1 packet (200g)
GARLIC CLOVE	1
CHICKEN TENDERLOINS	300g
TINNED CHOPPED TOMATOES	400g
FETA CHEESE	1 packet

FROM YOUR PANTRY

olive oil, salt, pepper, dried oregano, 1 chicken stock cube

KEY UTENSILS

large frypan with lid, saucepan

NOTES

The size of the fennel may vary; use it to taste if you have a large one. Quarter the bulb and remove the core before slicing. Keep some fronds for garnish.

No gluten option – pearl couscous is replaced with basmati rice. Place rice in a saucepan, cover with 300ml water. Bring to a boil. Cover with a lid and reduce to lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



1. COOK THE PEARL COUSCOUS

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



2. SAUTÉ THE VEGETABLES

Heat a large frypan with **olive oil** over medium-high heat. Slice fennel (see notes) and halve tomatoes. Add to pan as you go with crushed garlic and **1 tsp oregano**. Cook for 3–4 minutes or until softened.



3. ADD THE CHICKEN

Add chicken to pan and cook for 3–4 minutes until sealed.



4. SIMMER THE SAUCE

Add tinned tomatoes, **1 cup water**, **1 crumbled stock cube** and **1 tbsp olive oil**. Simmer, semi-covered, for 10 minutes. Season with **salt and pepper** to taste.



5. FINISH AND SERVE

Serve chicken saganaki with pearl couscous. Garnish with crumbled feta cheese (to taste) and fennel fronds.



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