



Product Spotlight: Parsley

If your parsley wilts, trim the lower stems and place the bunch in a glass of cold water. Loosely cover the leaves with a plastic bag and place it in the fridge.



Moroccan Chicken with Couscous

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



25 minutes



2 servings



Chicken

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.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	54g	11g	62g

FROM YOUR BOX

ZUCCHINI	1
RED CAPSICUM	1
SWEET POTATO	400g
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.



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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.



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.



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.



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.



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**.



6. FINISH AND SERVE

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

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