



### 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** 25g **TOTAL FAT** 6g **CARBOHYDRATES** 52g

## FROM YOUR BOX

ZUCCHINI	1
RED CAPSICUM	1
SWEET POTATO	400g
COUSCOUS WITH 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

**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.

*Moroccan spice mix: ground cumin, ground coriander, ground paprika, ground turmeric, ground cinnamon, ground allspice*



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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 **zest from 1/2 orange** 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 **Moroccan spice mix**. 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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