



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

 4/6 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
4/6 Person:	29g/36g	7g	55g/67g

FROM YOUR BOX

	4 PERSON	6 PERSON
ZUCCHINI	1	1
RED CAPSICUM	1	2
SWEET POTATO	400g	800g
COUSCOUS/ CURRANTS	240g	240g + 120g
ORANGES	2	2
DICED CHICKEN BREAST	600g	600g + 300g
MOROCCAN SPICE MIX	1 packet	2 packets
PARSLEY	1 packet	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**, **1-2 tsp cumin**, **salt** and **pepper**. Roast for 20 minutes or until **sweet potato** is tender.

6P - use 2-3 tsp cumin.



4. SIMMER THE SAUCE

Squeeze in **juice from both oranges** and pour in **1/2 cup water**. Simmer for 5 minutes over medium heat or until chicken is cooked through.

6P - use 1 cup water.



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 **1 1/2 cups hot water** from kettle. Cover and set aside.

6P - use zest from 1 orange and pour over 2 1/4 cups hot water.



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**.

6P - use 1 1/2 packet of the spice mix, and admire to taste.



6. FINISH AND SERVE

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

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