

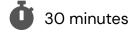




Chicken Koftas

with Harissa Yoghurt and Chickpea Couscous

Chicken koftas roasted with cumin seed-spiced vegetables and served with chickpea couscous and harissa yoghurt.







Spice it up!

To add some extra zing to your dish, add some dried fruit like sultanas, currants or apricots to your couscous. Sprinkle almonds or pistachios over the dish to serve.

PROTEIN TOTAL FAT CARBOHYDRATES

53g 23g

59g

FROM YOUR BOX

CHICKPEA COUSCOUS	1 packet (100g)
ТОМАТО	1
FENNEL	1
ZUCCHINI	1
CHICKEN MINCE	300g
NATURAL YOGHURT	1 tub
HARISSA PASTE	1 sachet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, cumin seeds, dried thyme

KEY UTENSILS

oven tray, saucepan

NOTES

Crumble in a stock cube or use liquid stock to cook couscous for extra flavour.



1. COOK THE COUSCOUS

Set oven to 220°C.

Pour 200ml water into a saucepan (see notes). Season with **salt and pepper**. Bring to a boil and remove from heat. Add couscous and stir to combine. Cover and leave to stand for 10 minutes.



2. ROAST THE VEGETABLES

Wedge tomato and fennel (reserve any fronds). Cut zucchini in angular pieces. Toss with oil, 1 1/2 tsp cumin seeds, salt and pepper. Roast for 10 minutes (see step3).



3. MAKE THE KOFTAS

Mix mince with 1 tsp thyme, salt and pepper. Use 2 spoons to scoop koftas onto oven tray. Bake for 10 minutes until cooked through.



4. MAKE HARISSA YOGHURT

Add yoghurt, harissa paste and 1 tbsp olive oil to a bowl. Mix to combine.



5. FINISH AND SERVE

Spoon harissa yoghurt into shallow bowls. Top with couscous, veggies and koftas. Garnish with reserved dill fronds.



