



Product Spotlight: Harissa Paste



Based in Tasmania, Island Curries makes quality curry pastes using the best ingredients. Their products are flavourful and gluten and allergen-free, with no added preservatives.

Chicken Koftas

with Harissa Yoghurt and Chickpea Couscous

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



30 minutes



2 servings



Chicken

17 March 2023

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.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	53g	23g	59g

FROM YOUR BOX

CHICKPEA COUSCOUS	1 packet (100g)
TOMATO	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.



4. MAKE HARISSA YOGHURT

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



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.



5. FINISH AND SERVE

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

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

