



### Product Spotlight: Coriander

All parts of the coriander are edible, including the stems and seed. It has a fresh, sweet, lemon, and nutty flavour that brings life to dishes.



## F2 Chicken Tagine with Sorghum

Diced chicken breast and veggies galore, cooked tagine style with our custom blend Moroccan spice mix served with sorghum.

 25 minutes

 2 servings

 Chicken

11 March 2022

## Spice it up!

*If you want to add some extra pizzazz to your tagine you can add some dried apricots at step 2. Garnish with chopped almonds and natural yoghurt.*

Per serve: **PROTEIN** 49g **TOTAL FAT** 27g **CARBOHYDRATES** 20g

## FROM YOUR BOX

SORGHUM	1 packet (100g)
BROWN ONION	1
CARROT	1
GREEN CAPSICUM	1
MOROCCAN SPICE MIX	1 packet
GREEN OLIVES	1 jar
DICED CHICKEN BREAST	300g
CORIANDER	1 packet (20g)

## FROM YOUR PANTRY

oil for cooking, salt, pepper

## KEY UTENSILS

large frypan, saucepan

## NOTES

Instead of water you can add liquid stock or water and 1/2 stock cube.



### 1. COOK THE SORGHUM

Place sorghum in a saucepan and cover with water. Bring to a boil and simmer for 18–20 minutes or until tender. Drain and rinse under cold water.



### 2. SAUTÉ THE VEGETABLES

Heat a large frypan over medium–high heat with **oil**. Wedge onion, slice carrot and capsicum. Add to pan as you go along with Moroccan spice mix. Sauté for 3–4 minutes.



### 3. ADD THE CHICKEN

Drain and rinse olives, stir through pan. Add chicken to pan along with **1/2 cup water** (see notes). Cook, covered, for 10–12 minutes or until chicken is cooked through. Season with **salt and pepper**.



### 4. FINISH AND SERVE

Roughly chop coriander. Spoon sorghum into bowls, top with tagine and garnish with coriander.

**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](mailto:hello@dinnertwist.com.au)

