



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.



F4 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

 4 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** 48g **TOTAL FAT** 22g **CARBOHYDRATES** 16g

FROM YOUR BOX

SORGHUM	1 packet (200g)
BROWN ONION	1
CARROTS	2
GREEN CAPSICUM	1
MOROCCAN SPICE MIX	1 packet
GREEN OLIVES	1 jar
DICED CHICKEN BREAST	600g
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 a 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 carrots 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 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

