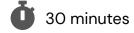




Dukkah Chicken

with Pearl Couscous

Dukkah crusted chicken served with pearl couscous salad, loaded with vegetables and a bright orange based dressing.







Mix it up!

Not a fan of pearl couscous? Substitute with your favourite small pasta, alternatively roast some potatoes and make a simple salad with the capsicum, carrot and sugar snap peas.

FROM YOUR BOX

PEARL COUSCOUS	1 packet (150g)
CHICKEN SCHNITZELS	300g
DUKKAH	1 packet (50g)
ORANGE	1
CHIVES	1/2 bunch *
RED CAPSICUM	1/2 *
CARROT	1
SUGAR SNAP PEAS	1/2 bag (75g) *
ALMONDS	1 packet (50g)

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

olive oil, oil for cooking, salt, pepper, dijon mustard, vinegar of choice

KEY UTENSILS

large frypan, saucepan

NOTES

If you don't have dijon mustard in your fridge, increase the vinegar by 1/2 tbsp.

You can toast the almonds in the a frypan to give them more crunch.

The dressing will keep in a sealed container in the fridge for 1 week. It will work on any tossed salad if you don't use all of it in this dish.

No gluten option - pearl couscous is replaced with quinoa. Place quinoa in a saucepan and cover with plenty of water. Bring to the boil and simmer for 15 minutes or until tender. Drain and rinse.



1. COOK THE COUSCOUS

Bring a saucepan with water to the boil. Add pearl couscous and cook for 8 minutes or until tender but still firm. Drain and rinse in cold water.



2. COOK THE CHICKEN

Heat a large frypan over medium-high heat with oil. Rub chicken with oil, salt and pepper. Press into dukkah and place in pan. Cook for 5-6 minutes each side or until cooked through.



3. MAKE THE DRESSING

Zest orange to yield 1 tsp and juice half. Slice chives (keep some for garnish). Whisk together with 3 tbsp olive oil, 1 tbsp vinegar, 1/2 tbsp mustard (see notes), salt and pepper.



4. PREPARE SALAD

Dice capsicum, grate carrot, slice sugar snap peas and remaining half orange. Roughly chop almonds (see notes). Add all into a large bowl.



5. ADD THE COUSCOUS

Mix couscous and 1/2 dressing through prepared salad ingredients. Season to taste with salt and pepper.



6. FINISH AND SERVE

Slice chicken and serve onto plates with couscous salad. Serve remaining dressing on the side (see notes).

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



