



DINNER TWIST  
LOCAL. HEALTHY. DELIVERED




### Product Spotlight: Pearl Couscous

Israeli couscous, also known as pearl couscous, is toasted pasta in tiny balls, developed in Israel in the 1950s when rice was scarce due to austerity in Israel.



## 2 Dukkah Chicken with Pearl Couscous

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

 30 minutes

 2 servings

 Chicken

1 October 2021

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

