



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Pearl Couscous

Pearl couscous is also called Israeli couscous. They're slightly larger than regular couscous, which are small pasta balls made from durum wheat.



2 Greek Chicken with Couscous Salad

Roasted chicken chops served with pearl couscous salad in a simple dressing. An easy-to-cook meal that's full of flavour. Kalí óreksi! That's 'enjoy your meal' or 'good appetite' in Greek.

 30 minutes

 2 servings

 Chicken

30 November 2020

Add chicken to the couscous

After cooking the chicken, you can remove the meat from the bones and stir into the couscous salad if preferred. That may be easier for kids to eat.

FROM YOUR BOX

CHICKEN CHOPS	2-pack
PEARL COUSCOUS	1 packet (150g)
TOMATO	1
LEBANESE CUCUMBER	1
RED CAPSICUM	1/2 *
KALAMATA OLIVES	1/2 tub (50g) *
MINT	1/2 bunch *
FETA	1/2 block *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive + oil (for cooking), salt, pepper, dried oregano, red wine vinegar

KEY UTENSILS

oven dish, saucepan

NOTES

Got a cooking thermometer? You know chicken is cooked through when the core temperature reaches 75°C.

If someone in the family isn't the biggest fan of olives, keep them whole so they're easy to pick out, or serve them on the side.

No gluten option - pearl couscous is replaced with brown rice. Place rice in a saucepan, cover with water. Bring to the boil and simmer for 15-20 minutes or until tender. Drain and rinse in cold water.



1. COOK THE CHICKEN

Set oven to 220°C.

Slash chicken in 3-4 places. Place on a lined oven tray and rub with **oil, 1/2 tsp oregano, salt and pepper**. Roast for 20-25 minutes until golden and cooked through (see notes).



2. COOK THE COUSCOUS

Bring a saucepan with water to the boil. Add pearl couscous and cook for 8-10 minutes or until tender but still firm. Drain and rinse in cold water.



3. MAKE THE DRESSING

In a large bowl whisk together **1 1/2 tbsp olive oil, 1/2 tbsp vinegar, 1/2 tsp oregano, salt and pepper**.



4. MAKE THE SALAD

Dice tomato, cucumber and capsicum. Rinse and chop olives (see notes) and mint. Add all to the dressing bowl along with couscous. Toss together and season to taste with **salt and pepper**.



5. FINISH AND PLATE

Serve couscous salad with the chicken and crumble over feta to taste.

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

