



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Dates


In Morocco, the medjool date was referred to as the "king of dates". This was because it was reserved only for Moroccan royalty and their guests.



2 Moroccan Spiced Chicken with Couscous

Oven roasted chicken breast, flavoured with our delicious Moroccan spice mix from Turban Chopsticks. Served with vegetable laden couscous in an orange, basil dressing.

 30 minutes

 2 servings

 Chicken

26 November 2021

Mix it up!

Shred the chicken once cooked and toss through the couscous for a great lunchbox option.

FROM YOUR BOX

CHICKEN BREAST FILLETS	300g
MOROCCAN SPICE MIX	1 packet
COURGETTES	2
COUSCOUS	1 tub (150g)
ORANGE	1
BASIL	1 packet
TOMATO	1
DATES	1 packet (60g)
BABY SPINACH	1 bag (60g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, olive oil, salt, pepper, red wine vinegar

KEY UTENSILS

oven tray, kettle

NOTES

If preferred, cook the spinach in a frypan with a little oil/butter until just wilted.

No gluten option - couscous is replaced with quinoa. Place quinoa in a saucepan and cover with plenty of water. Bring to the boil and simmer for 10-15 minutes or until tender. Drain and rinse.



1. COOK THE CHICKEN

Set the oven to 220°C.

Slash chicken breast in 3-4 places. Rub with 1/2 tbsp spice mix and **oil**. Place on a lined oven tray and roast for 20-25 minutes.



2. ADD THE COURGETTES

Slice courgettes into rounds. Toss with 1/2 tbsp spice mix, **oil, salt and pepper**. Add to tray with chicken for the last 15 minutes.



3. COOK THE COUSCOUS

Boil the kettle. Place couscous and **1/2 tbsp butter** (optional) into a bowl. Pour over **1 cup of boiling water**. Allow to sit for 5 minutes then fluff up with a fork.



4. MAKE THE DRESSING

Zest orange to yield 1 tsp. Whisk together with **2 tbsp olive oil, 1 tbsp vinegar, salt and pepper**. Chop basil and add 1/2 (keep remaining for garnish).



5. MAKE THE SALAD

Dice tomato, orange and dates. Finely slice spinach (see notes). Toss together with couscous, courgettes and 1 tbsp dressing. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Slice chicken.

Divide couscous among plates and top with sliced chicken and remaining basil. Serve remaining dressing on the side.

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**

