



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

 4 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 (300g)
CHICKEN SCHNITZELS	600g
DUKKAH	1 packet (100g)
ORANGE	1
CHIVES	1/2 bunch *
RED CAPSICUM	1
CARROT	1
SUGAR SNAP PEAS	1/2 bag (125g) *
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 use seeded mustard, or increase the vinegar by 1/2 tbsp.

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

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 dressing through the prepared salad ingredients. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Slice chicken and serve onto plates with couscous salad.

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**

