



Product Spotlight: Honey

Every drop of local honey reflects the flowers and plants the bees visit – meaning each batch has its own unique flavour profile. We love the natural sweetness it adds to this dish.



Sticky Honey Chicken with Pearl Couscous

Sticky honey and balsamic chicken, sliced and served on a bed of colourful roast veggies tossed with pearl couscous, basil and feta.



35 minutes



2 servings



Chicken

Switch it up!

You can simmer the chicken and vegetables in a slow cooker with chopped tomatoes to make a stew! Add ground spices or simmer sauce of choice and serve with pearl couscous.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	43g	30g	63g

FROM YOUR BOX

SWEET POTATOES	400g
RED ONION	1
CHERRY TOMATOES	200g
HONEY SHOT	1
CHICKEN THIGH FILLETS	300g
PEARL COUSCOUS	150g
FETA CHEESE	1 packet
BASIL	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, balsamic vinegar, dried oregano, soy sauce

KEY UTENSILS

oven tray, frypan or griddle pan, saucepan

NOTES

You can roast the vegetables on 2 separate oven trays, if needed.

No gluten option – pearl couscous is replaced with **gluten-free pasta**. Add to boiling water and cook according to packet instructions until al-dente. Drain and rinse as per step 4.



1. ROAST THE VEGETABLES

Set oven to 220°C. Place saucepan of water on to boil (for step 4).

Dice **sweet potato** (2-3cm) and wedge **onion**. Toss on a lined oven tray with **tomatoes, 1 tsp oregano, oil, salt and pepper** (see notes). Roast for 20-25 minutes until cooked through.



4. COOK THE COUSCOUS

Add **pearl couscous** to boiling water and cook for 8 minutes or until tender but still firm. Drain and rinse with cold water.



2. MAKE THE DRESSING

Whisk together **honey, 2 tbsp balsamic vinegar, 1 tbsp soy sauce** and **1 tbsp olive oil**.



5. TOSS THE COUSCOUS

Dice or crumble **feta** (use to taste) and slice **basil leaves** (reserve some for garnish). Add to a large bowl along with **roast vegetables, couscous** and remaining **dressing**.



3. COOK THE CHICKEN

Heat a frypan over medium-high heat with **oil**. Coat **chicken** with **1/2 tbsp dressing** and cook in pan for 6-8 minutes each side or until cooked through.



6. FINISH AND SERVE

Divide **couscous** among shallow bowls. Slice **chicken** and place on top. Garnish with reserved **feta** and **basil**.

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**

