

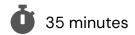


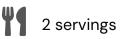


# Sticky Honey Chicken

## 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.







# 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.

r serve: PROTEIN TOTAL FAT CARBOHYDRATES

g 30

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.



#### 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.



### **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.



#### 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



