

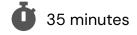




# Sticky Honey Chicken

## with Pearl Couscous & Feta

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





4 servings



# 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.

PROTEIN TOTAL FAT CARBOHYDRATES

Per serve:

5

31g

88g

#### FROM YOUR BOX

BUTTERNUT PUMPKIN	1
RED ONION	1
CHERRY TOMATOES	200g
HONEY SHOTS	2
CHICKEN THIGH FILLETS	600g
PEARL COUSCOUS	300g
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 chicken with the vegetables if preferred!

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 pumpkin (2-3cm) and wedge onion. Toss on a lined oven tray with tomatoes 2 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

olive oil.



Heat a frypan over medium-high heat with oil. Coat chicken with 1 tbsp dressing and

cook in pan for 6-8 minutes each side or

#### 3. COOK THE CHICKEN

until cooked through (see notes).

Whisk together honey, 1/4 cup balsamic vinegar, 2 tbsp soy sauce and 2 tbsp



### **5. TOSS THE COUSCOUS**

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



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



