



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: COUSCOUS

Couscous originated from North Africa and is made from semolina flour mixed with water. It has been steamed twice and then dried, so all you have to do is plump it up with boiling water. It works great with stews or tossed through a salad.



1. MOROCCAN CHICKEN

Bright yellow turmeric couscous tossed with sultanas, roasted pumpkin, zucchini and capsicum, served with chicken and grilled lemon wedges.

 20 Minutes

 2 Servings

18 May 2020

FROM YOUR BOX

ZUCCHINI	1/2 *
RED CAPSICUM	1
LEMON	1
DICED PUMPKIN	1 bag (300g)
COUSCOUS	1 tub (100g)
SULTANAS	1 packet (40g)
DICED CHICKEN BREAST FILLET	300g
CAPSICUM & EGGPLANT DIP	1 tub (200g)
PARSLEY	1 packet

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking), salt, pepper, ground cumin or cumin seeds (optional), ground turmeric

KEY UTENSILS

oven tray, kettle, frypan

NOTES

Serve couscous and roasted veggies separate at the table if you prefer.

No gluten option - couscous is replaced with quinoa. Cook quinoa in boiling water for 15 minutes or until tender. Drain and rinse. Toss with vegetables at step 5.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Chop zucchini and capsicum, quarter lemon. Toss on a lined oven tray with diced pumpkin, **oil**, **1/2 tsp cumin**, **salt and pepper**. Roast for 15-18 minutes or until pumpkin is golden and tender.



2. COOK THE COUSCOUS

Boil the kettle.

Place couscous in a heatproof, shallow bowl with **1/2 tsp turmeric**, sultanas and a pinch of **salt**. Pour over **1 cup hot water** from the kettle and set aside.



3. SEAL THE CHICKEN

Heat a frypan with **oil** over high heat. Add diced chicken and cook for 4-5 minutes or until golden and sealed. Season with **salt and pepper**.



4. ADD THE SAUCE

Pour in the capsicum & eggplant dip with **1/2 tub water**. Simmer for 5 minutes over medium heat or until chicken is cooked through.



5. TOSS COUSCOUS & VEGGIES

Stir the couscous with a fork to separate grains. Add to the tray with veggies toss to combine.



6. FINISH AND PLATE

Serve chicken and sauce with tossed veggies and couscous. Drizzle with lemon juice to taste and top with chopped parsley.