



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Persian Gheymeh


Aromatic and tangy, Gheymeh is a Persian staple. It is versatile and satisfying yet an everyday flavour which you would never get bored of.



1 Persian Chicken Stew with Pearl Couscous & Golden Almonds

Gila and her team in Brisbane are cooking a range of beautiful Traditional Middle Eastern sauces. In your box this week you can enjoy a Gheymeh simmered with chicken and vegetables, served over pearl couscous and topped with toasted almonds. Not only delicious – it is also quick & easy!

 20 minutes

 2 servings

 Chicken

20 July 2020

FROM YOUR BOX

PEARL COUSCOUS	150g
SLIVERED ALMONDS	1 packet (30g)
CHICKEN TENDERLOINS	300g
RED ONION	1/2 *
CARROT	1
ZUCCHINI	1
TOMATO	1
GHEYMEH SIMMER SAUCE	1 jar (250ml)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, salt, pepper, ground turmeric (optional)

KEY UTENSILS

saucepan, frypan with lid

NOTES

Grate zucchini to hide from the kids!

Take the lid off and cook for a further 2 minutes to reduce further for a thicker sauce.

No gluten option – pearl couscous is replaced with quinoa. Cook in boiling water for 15 minutes or until al dente. Drain and rinse.



1. COOK THE COUSCOUS

Bring a saucepan of water to the boil. Add **1 tsp turmeric** (optional) and the pearl couscous. Cook for 8 minutes, or until al dente. Drain and rinse.



2. TOAST THE ALMONDS

Toast almonds in a dry frypan until golden, set aside and keep pan over medium-high heat.



3. BROWN THE CHICKEN

Add chicken tenderloins to pan with **oil** and cook for 2 minutes on each side or until golden, season with **salt and pepper**. Dice and add onion.



4. ADD VEGETABLES & SIMMER

Chop carrot, zucchini (use to taste) and tomato into 2cm chunks. Add to pan with Gheymeh simmer sauce and **1 jar water**. Cover and cook for 10 minutes (see notes).



5. FINISH AND SERVE

Serve Persian chicken stew over couscous and top with toasted almonds.

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

