




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.



North African Chicken with Couscous

Chicken breast cooked in fragrant North African flavours like harissa, ginger, garlic and cinnamon with onion and capsicum served alongside lemon and mint couscous.

 30 minutes

 2 servings

 Chicken

Roast the chicken!

Toss the chicken, onion and capsicum with harissa paste, oil, 1/2 tsp cinnamon and roast if you prefer! You can add other veggies too such as zucchini, sweet potato or pumpkin!

Per serve: **PROTEIN** 63g **TOTAL FAT** 51g **CARBOHYDRATES** 44g

FROM YOUR BOX

CHICKEN BREAST FILLET	300g
BROWN ONION	1
GINGER	1 piece
GARLIC CLOVE	1
HARISSA SACHET	1
RED CAPSICUM	1
CHOPPED TOMATOES	400g
COUSCOUS	125g
LEMON	1
MINT	1 packet
FLAKED ALMONDS	40g

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cinnamon, 1/2 stock cube (of choice), honey

KEY UTENSILS

frypan, saucepan

NOTES

No gluten option – couscous is replaced with quinoa. Place quinoa in a saucepan and cover with plenty of water. Bring to a boil and simmer for 10–12 minutes or until tender. Drain and rinse. Press down in a sieve to squeeze out excess liquid.



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1. BROWN THE CHICKEN

Heat a pan with **oil** over medium-high heat. Halve **chicken breast** lengthways to make 2 pieces. Season chicken with **salt and pepper**, add to pan and cook until golden all over.



2. SAUTÉ THE AROMATICS

Dice **onion**, grate **ginger** and crush **garlic**. Add to pan with **harissa paste** and 1/2 **tsp cinnamon**. Sauté for 1 minute. Slice and add **capsicum**.



3. SIMMER THE SAUCE

Stir in **chopped tomatoes** and 1/2 **tin water**. Combine well, cover and simmer for 10 minutes. Add 1/2 **tsp honey**.



4. COOK THE COUSCOUS

Pour 1 **cup water** into a saucepan. Add 1/2 **stock cube** and bring to a boil. Take off heat and add **couscous**. Cover and set aside for 5 minutes.



5. DRESS THE COUSCOUS

Zest 1/2 **lemon** and chop **mint** leaves. Add to couscous along with juice from 1/4 lemon (wedge remaining). Use a fork to fluff and combine.



6. FINISH AND SERVE

Wedge remaining lemon and toast **almonds** (optional). Season the chicken with **salt and pepper** to taste.

Serve chicken alongside couscous and sprinkle with flaked almonds to serve.

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