

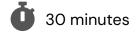




North African Chicken

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.







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 TOTAL FAT CARBOHYDRATES

51g 27g

27g

29g

FROM YOUR BOX

| CHICKEN BREAST FILLETS | 600g |
|------------------------|----------|
| BROWN ONION | 1 |
| GINGER | 1 piece |
| GARLIC CLOVES | 2 |
| HARISSA SACHET | 1 |
| RED CAPSICUM | 1 |
| CHOPPED TOMATOES | 400g |
| couscous | 250g |
| LEMON | 1 |
| MINT | 1 packet |
| FLAKED ALMONDS | 40g |
| | |

FROM YOUR PANTRY

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

KEY UTENSILS

large 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 large pan with oil over mediumhigh heat. Halve chicken breast lengthways to make 2 pieces from each breast. 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 tsp cinnamon. Sauté for 1 minute. Slice and add capsicum.



3. SIMMER THE SAUCE

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



4. COOK THE COUSCOUS

Pour **2 cups water** into a saucepan. Add **1 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 **lemon** and chop **mint** leaves. Add to couscous along with juice from 1/2 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.

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



