



Chicken Tagine

with Pearl Couscous

Tender chicken strips simmered in warming spices with soft carrots, sweet red capsicum, and onion. Served with pearl couscous.



35 minutes



4 servings



Chicken

FROM YOUR BOX

| | |
|-------------------------|------|
| PEARL COUSCOUS | 300g |
| BROWN ONION | 1 |
| CARROTS | 2 |
| RED CAPSICUM | 1 |
| CHICKEN STIR-FRY STRIPS | 600g |

FROM YOUR PANTRY

olive oil, salt and pepper, ground cumin, ground turmeric, chicken stock cube

NOTES

You can use a deep frypan with lid or saucepan for this dish.

This dish can be transformed into a pearl couscous salad – perfect for a picnic or BBQ. Season the chicken with spices and sauté in the pan with onion. Toss with cooked pearl couscous, sliced capsicum, grated carrot and a lemon or herb dressing.

No gluten option – pearl couscous is replaced with white quinoa. Place quinoa in a saucepan and cover with plenty of water. Bring to a boil and simmer for 10–15 minutes or until tender. Drain quinoa for a minimum of 5 minutes or press down in a sieve to squeeze out excess liquid.

1. COOK THE PEARL COUSCOUS

Bring a saucepan with water to a boil. Add **pearl couscous** and cook for 8–10 minutes or until tender but still firm. Drain and rinse under cold water.

TIP *Stir 1 tbsp butter through the warm couscous for flavour and richness.*

2. SAUTÉ THE VEGETABLES

Heat a frypan over medium–high heat with **3 tbsp olive oil** (see notes). Dice **onion**, slice **carrots** and **capsicum**. Add all to pan and cook for 5 minutes until softened.

TIP *You can add cherry tomatoes, diced sweet potato or zucchini. Add crushed garlic for depth of flavour.*

3. ADD THE CHICKEN AND SIMMER

Stir in **3 tsp cumin**, **1 tsp turmeric** and **1 crumbled stock cube**. Add chicken and toss until sealed. Pour in **2 cups water**, cover and simmer for 10 minutes. Stir in **2 tbsp olive oil**. Season to taste with **salt and pepper**.

TIP *You can substitute 1/2 the water with juice from an orange or tinned chopped tomatoes. Add a pinch of saffron or a cinnamon quill to simmer, for an exotic flavour. Add some pitted green olives*

4. FINISH AND SERVE

Serve chicken tagine with pearl couscous.

TIP *Garnish with chopped parsley, toasted almond flakes, or a sprinkle of lemon zest for a fresh finish.*

This recipe has simplified instructions to help lower your meal cost.