



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Roast Chicken

with Pearl Couscous

Crispy skin chicken on a bed of roast tomatoes and pearl couscous tossed with fresh rocket leaves.



30 minutes



4/6 servings



Chicken

FROM YOUR BOX

	4 PERSON	6 PERSON
CHERRY TOMATOES	2 x 200g	3 x 200g
CHICKEN BREAST (SKIN ON)	600g	600g + 300g
PEARL COUSCOUS	150g	2 x 150g
ROCKET LEAVES	1 bag	2 bags

FROM YOUR PANTRY

olive oil, salt, pepper

NOTES

You can add zucchini, capsicum or red onion to roast together with the tomatoes if you want more vegetables.

Allow the pearl couscous and tomatoes to cool slightly before tossing with rocket leaves. Alternatively if you can keep the rocket fresh and serve on the side.

No gluten option – pearl couscous is replaced with brown rice. Place rice in a saucepan and cover with water. Bring to a boil and simmer for 20 minutes, or until tender. Drain and rinse.

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1. ROAST THE CHICKEN AND TOMATOES

Set oven to 220°C. Bring saucepan of water to boil (for pearl couscous).

Halve **tomatoes** and add to a lined oven dish. Toss with **2–3 tbsp olive oil, salt and pepper**. Coat **chicken** with seasoning of choice (see tip) and place on top of **tomatoes**. Roast in oven for 20–25 minutes or until chicken is cooked through.

TIP *You can cook the chicken and tomatoes in a frypan with lid if you prefer to leave the oven off. We used 2 tbsp harissa paste to season the chicken. You could use a mix of ground spices such as paprika, cumin, coriander or turmeric.*

2. COOK THE PEARL COUSCOUS

Bring a saucepan of water to boil. Add **pearl couscous** to boiling water and cook for 8–10 minutes until al dente. Drain and rinse.

TIP *You can add 1/4 tsp turmeric or stock paste/cube of choice to the water to season the couscous.*

3. TOSS THE SALAD

Toss **tomatoes** and pan juices with **pearl couscous** and **rocket** (see notes). Season with **salt and pepper**.

TIP *Add some feta cheese, fresh cucumber or chopped herbs such as parsley to the salad if desired!*

4. FINISH AND SERVE

Divide **salad** among plates or shallow bowls. Slice **chicken** and add on top.

TIP *Garnish the dish with some toasted almonds or pepita seeds if you have some. You can serve this dish with lemon wedges.*

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