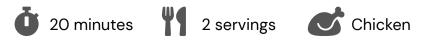






# 2 Moroccan Chicken

Bright yellow turmeric couscous tossed with sultanas and roasted veggies, served with chicken and grilled lemon wedges.



25 June 2021

## FROM YOUR BOX

COURGETTE	1
SWEET POTATO	300g
RED CAPSICUM	1/2 *
LEMON	1
COUSCOUS	1 packet (100g)
SULTANAS	1 packet (40g)
DICED CHICKEN BREAST 🍧	300g
CAPSICUM & EGGPLANT DIP	1 tub (200g)
PARSLEY	1/2 bunch *
FALAFEL BITES	1 packet

\*Ingredient also used in another recipe

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cumin & turmeric

### **KEY UTENSILS**

oven tray, kettle, frypan

### NOTES

Serve couscous and roasted veggies separate at the table if you prefer.

No gluten option – couscous is replaced with quinoa. Cook quinoa with 1 tsp turmeric in boiling water for 15 minutes or until tender. Drain and rinse. Toss with vegetables and sultanas at step 5.

VEG OPTION - Ingredients are replaced with vegetarian alternatives - follow the cooking instructions as directed.



## **1. ROAST THE VEGGIES**

#### Set oven to 220°C.

Slice courgette, chop sweet potato and capsicum, quarter lemon. Toss on a lined oven tray with **oil**, **1/2-1 tsp cumin**, **salt and pepper**. Roast for 15-18 minutes or until sweet potato is tender.



## 2. COOK THE COUSCOUS

#### Boil the kettle.

Place couscous in a heatproof, shallow bowl with **1/2 tsp turmeric**, sultanas and a pinch of **salt**. Pour over **3/4 cup hot water** from the kettle and set aside.



# 4. ADD THE SAUCE

Pour in the capsicum & eggplant dip with **1/3 tub water**. Simmer for 5 minutes over medium heat or until chicken is cooked through.

VEG OPTION - Warm capsicum & eggplant dip with 1/3 tub water in a small saucepan.



## **5. TOSS COUSCOUS & VEGGIES**

Stir the couscous with a fork to separate grains. Add to the tray with veggies and combine well. Season to taste.



## **3. SEAL THE CHICKEN**

Heat a frypan with **oil** over high heat. Add diced chicken and cook for 4-5 minutes or until golden and sealed. Season with **salt and pepper**.

VEG OPTION - Place falafels on a separate tray and cook in the oven for 10 minutes or until warmed through.



## 6. FINISH AND SERVE

Serve chicken and sauce with tossed veggie couscous. Drizzle with lemon juice to taste and top with chopped parsley.

VEG OPTION - Serve veggie couscous topped with sauce and falafels. Drizzle with lemon juice to taste and top with chopped parsley.

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