



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Pearl Couscous


Pearl couscous (also known as Israeli couscous) are big balls of pasta. It's believed to have been invented in Israel in the 1950s when rice was scarce.



2 Moroccan Chicken with Pearl Couscous

A flavourful tagine style dish of tender chicken and vegetables, all served with bright yellow turmeric pearl couscous.

 20 minutes

 4 servings




 Chicken

17 September 2021

Spice it up!

A squeeze of lemon, dollop of natural yoghurt or some fresh chopped herbs can all be added to this dish at the end!

FROM YOUR BOX

PEARL COUSCOUS	1 packet (300g)
SLIVERED ALMONDS	1 packet (40g)
DICED CHICKEN BREAST 	600g
RED CAPSICUM	1
TOMATOES	2
CARROT	1
BROCCOLI	1
TAGINE SIMMER SAUCE	1 jar
 PANEER CHEESE	1 packet
 TINNED CHICKPEAS	400g

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, salt, pepper, ground turmeric (optional)


KEY UTENSILS

saucepan, large frypan with lid

NOTES

Take the lid off and cook for an additional 2 minutes to reduce and thicken sauce further.

No gluten option - pearl couscous is replaced with quinoa. Cook in boiling water for 10-15 minutes or until al dente. Drain and rinse.

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



1. COOK THE COUSCOUS

Bring a saucepan of water to the boil. Add **2 tsp turmeric** (optional) and pearl couscous. Cook for 8 minutes, or until al dente. Drain and rinse.




2. TOAST THE ALMONDS

Meanwhile, toast almonds in a large dry frypan until golden, set aside and keep pan over medium-high heat.



3. BROWN THE CHICKEN


Add chicken to pan with **oil** and cook for 2-3 minutes or until golden, season with **salt and pepper**.

 **VEG OPTION - Dice paneer and cook in pan with oil for 2-3 minutes until golden.**



4. ADD VEGETABLES & SIMMER


Chop capsicum and tomatoes. Slice carrot and cut broccoli into florets. Add to pan along with tagine simmer sauce and **1 cup water**. Cover and cook for 10 minutes (see notes). Season with **salt and pepper**.

 **VEG OPTION - Cook as above, adding drained chickpeas along with the tagine simmer sauce.**



5. FINISH AND SERVE

Serve Moroccan chicken stew over couscous and top with toasted almonds.

 **VEG OPTION - Serve Moroccan paneer & chickpea stew over couscous and top with toasted almonds.**

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