



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Couscous


Couscous originated in North Africa and is made from semolina flour mixed with water. It has been steamed twice and then dried, so all you have to do is add boiling water. It works great with stews or tossed through a salad.



2 Moroccan Chicken

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



 20 minutes

 4 servings

 Chicken

25 June 2021

FROM YOUR BOX

COURGETTES	2
RED CAPSICUM	1
LEMON	1
DICED PUMPKIN	1 bag (500g)
COUSCOUS	1 packet (150g)
SULTANAS	1 packet (40g)
DICED CHICKEN BREAST 	600g
CAPSICUM & EGGPLANT DIP	1 tub (200g)
PARSLEY	1/2 bunch *
 FALAFEL BITES	2 packets

*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 courgettes, chop capsicum and quarter lemon. Toss on a lined oven tray with diced pumpkin, oil, 1 tsp cumin, salt and pepper. Roast for 15-18 minutes or until pumpkin is tender.



4. ADD THE SAUCE

Pour in the capsicum & eggplant dip with 1/2 tub water. Simmer for 5 minutes over medium heat or until chicken is cooked through.

 **VEG OPTION - Warm capsicum & eggplant dip with 1/2 tub water in a small saucepan.**



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 1 cup hot water from the kettle and set aside.




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 large 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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