

Webfid00336hero moroccanchicken 057

Moroccan Grilled Chicken

with Couscous



20-30min



4 Portions

Ready in just 20 minutes, this super-easy winner delivers big flavour with minimum fuss. We make the most of the simple spice mix, marinating the chicken before popping it under the grill. As it cooks, all you need to do is prepare the couscous and fresh cucumber salad. It's the perfect meal for a busy weeknight.

What we send

- parsley and 1 long red chilli
- carrot
- Lebanese cucumbers
- free-range chicken breast fillet
- aioli ^{3,7}
- lemon
- cherry tomatoes
- spice mix ¹⁷
- couscous ¹

What you'll require

- olive oil
- sea salt and pepper
- white wine vinegar ¹⁷

Utensils

- foil
- grater
- Kettle
- oven tray

- Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

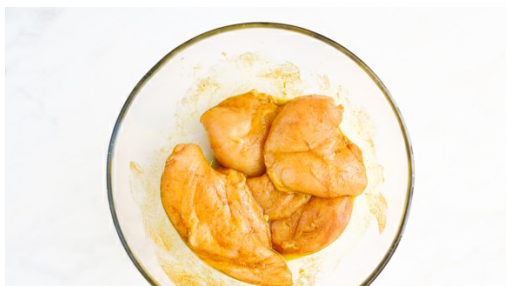
If some of your family don't like salad dressing, serve the dressing separately at the end.

Allergens

Gluten (1), Egg (3), Milk (7), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 700.0kcal, Fat 37.4g, Proteins 39.9g, Carbs 45.4g



1. Season chicken

Bring a kettle to the boil for the couscous. Preheat oven grill to medium and adjust the tray so that the chicken will fit under the grill with little space to spare. Combine 1 tbs **oil** and 2 tsp of the **spice mix** in a bowl. Add the **chicken** and turn to coat.



2. Prepare couscous

Place **couscous** in a large heatproof bowl and add 200ml boiling water and a pinch of **salt**. Cover with a plate and leave to steam for 5 mins. Fluff up with a fork.



3. Cook chicken

Meanwhile, place the **chicken** on an oven tray lined with foil. Cook under the grill for 12-14 mins, turning once, until cooked through (the cooking time will depend on your oven grill).



4. Prepare salad

Meanwhile, halve the **cherry tomatoes**. Finely chop the **cucumbers**. Combine 1 tbs **oil** and 2 tsp **white wine vinegar** in a large bowl. Add the **tomatoes** and **cucumber** (see cooking tip) and gently toss to coat.



5. Prepare ingredients

Coarsely grate the **carrots**. Juice half the **lemon** and cut remaining half into wedges. Pick the **parsley** leaves (discard stems) and finely chop. Deseed **chilli** and cut into long, thin strips.



6. Finish couscous

Add **carrots**, **parsley**, 1 tbs **lemon juice** and 1 tbs **oil** to the **couscous**. Season with **salt and pepper**, if desired and toss to combine. Divide couscous between plates and top with the **chicken**. Serve **cucumber salad** on the side. Top chicken with a dollop of **aioli** and scatter adults' servings with **chilli**.