

MARLEY SPOON



Hunter's Chicken

with Herby Couscous



30-40min



2 Portions

While stews are often consumed in the cooler months, this one can be enjoyed all year round! The sweetness of the tomato and onion sauce is a great accompaniment to the seared chicken and it's served on a fluffy pile of herby couscous, making this dish an absolute winner!

What we send

- chopped tomatoes
- button mushrooms
- mixed leaves
- garlic clove, parsley
- couscous¹
- free-range chicken breast fillet
- onion
- speck

What you'll require

- balsamic vinegar¹⁷
- olive oil
- salt and pepper

Utensils

- medium frypan
- medium saucepan

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Gluten (1), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 760kcal, Fat 28.4g, Carbs 66.7g, Proteins 54.7g



1. Prepare ingredients

Preheat oven to 190C. Coarsely chop the **speck**. Halve and slice the **onion**. Finely chop the **garlic**. Quarter the **mushrooms**.



2. Make sauce

Heat 1½ tbs **oil** in a medium saucepan over medium-high heat. Cook the **speck** for 3-4 mins. Add the **onion** and cook for 3-4 mins until slightly softened. Reduce heat and add the **garlic** and **mushrooms**. Cook for 2 mins or until lightly coloured. Add the **tomatoes** and season with **salt and pepper**. Simmer for 5 mins or until the sauce is slightly reduced.



3. Brown chicken

Meanwhile, heat 1 tbs **oil** in a medium ovenproof frypan over medium-high heat. Season the **chicken** with **salt and pepper** and cook for 2 mins each side or until golden. Bring a kettle of water to the boil.



4. Roast chicken

Pour the **sauce** over the **chicken**. Roast for 20 mins or until the chicken is cooked through.



5. Prepare couscous

Meanwhile, place the **couscous** in a heatproof bowl and pour over 200ml boiling water. Stir to combine. Cover with a plate and set aside to steam for 10 mins or until the grains are tender and the liquid absorbed. Fluff up with a fork. Season well with salt and pepper and stir in 1 tbs **oil**.



6. Get ready to serve

Pick the **parsley** leaves (discard stems) and finely chop. Fold through the **couscous**, reserving a little for garnish. Spoon the couscous onto plates and top with the **chicken** and **sauce**. Garnish with the reserved parsley and serve with **salad leaves**, drizzled with 2 tsp of **oil** and 1 tsp **balsamic vinegar**.