

DINNERLY

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Middle Eastern Chicken with Couscous and Yoghurt



20-30 minutes



2 Servings

Flash-fry chicken with zesty Middle Eastern spices known as zataar, serve with hearty couscous tossed with lemon juice and honey, and get set to have the whole family going back for more.

WHAT WE SEND

- baby spinach leaves
- free-range chicken thigh fillet
- lemon
- Greek yoghurt ⁷
- zaatar ¹¹
- cous cous ¹

WHAT YOU NEED

- boiling water
- Australian honey
- olive oil
- sea salt and pepper

TOOLS

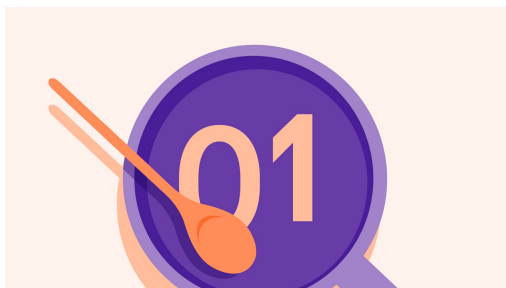
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Milk (7), Sesame (11). May contain traces of other allergens.

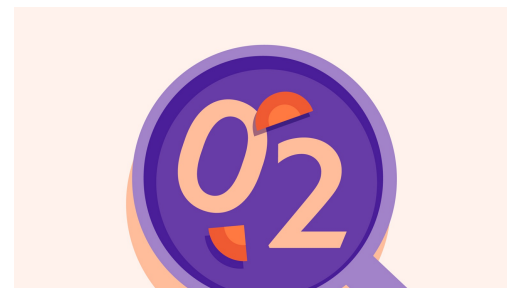
NUTRITION PER SERVING

Energy 675kcal, Fat 26.2g, Carbs 62.4g, Proteins 42.4g



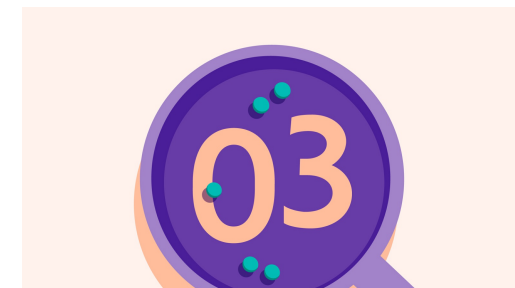
1. Marinate chicken

Trim any fat from the **chicken**. Put the chicken, **1 tbs olive oil** and $\frac{3}{4}$ of the **zaatar** in a bowl, season with **salt and pepper** and stir to coat. Bring a kettle to the boil.



2. Prep lemon

Finely grate the zest of **half the lemon**, then juice the half (reserve remaining half for another use).



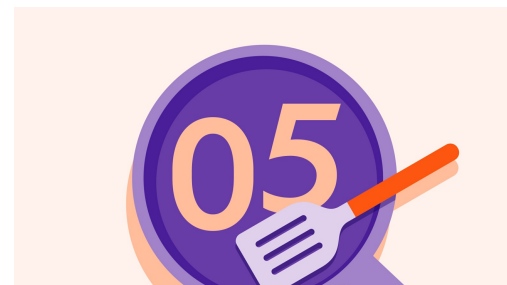
3. Cook couscous

Put the **couscous**, **lemon zest** and **2 tsp juice** in a large heatproof bowl and season with **salt and pepper**. Add **1 tbs olive oil** and **200ml boiling water**, stir to combine, then cover and stand for 5 mins or until liquid has absorbed. Fluff up the grains with a fork.



4. Cook chicken

Meanwhile, heat a chargrill pan or medium frypan over medium-high heat. Cook the **chicken** for 4-5 mins each side until cooked through. Remove from pan and set aside to rest for 3 mins.



5. Get ready to serve

While the chicken is cooking, add the **spinach** to the **couscous** and stir to combine. Combine the **yoghurt**, **2 tsp lemon juice** and **1 tsp honey** in a small bowl. Thinly slice the **chicken**. Divide the **couscous salad** and chicken among plates, scatter over the **remaining zaatar** and serve with the **yoghurt sauce**.



6. Kitchen hack

Add more veggies by stirring 1-2 chopped tomatoes and coarsely grated carrot through the couscous with the spinach. Take it up another notch by dissolving chicken or vegetable stock cubes in the boiling water for the couscous.