



Moroccan Chicken Couscous

with Apricots, Almonds and Capsicum



30-40min



4 Portions

Here's a quick version of a tagine, a classic dish that's fragrant with Moroccan spices and the slight tang of preserved lemon. Once you've prepped all the veggies and the chicken, it's just a matter of simmering in a large pan with the spices, apricots and fresh coriander, then serving over couscous with a scattering of toasted almonds.

What we send

- dried apricot ¹⁷
- zucchini
- coriander
- couscous ¹
- ras el hanout spice blend ^{1,17}
- onion
- 2 large free-range chicken breast fillets
- carrot
- slivered almonds ¹⁵
- capsicum
- preserved lemon

What you'll require

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

Utensils

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

Cooking tip

The preserved lemon rind is most valued in cooking. Only use the finely chopped rind in this recipe, ensuring you discard the pulp and pith. ~The remaining ras el hanout won't be used in this dish.

Allergens

Gluten (1), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 730kcal, Fat 22.7g, Carbs 72.3g, Proteins 52.3g



1. Prepare vegetables

Peel the **carrots**. Quarter the carrot and **zucchini** lengthwise, then quarter widthwise. Cut the **capsicums** into 2cm chunks, discarding the seeds and membranes. Discard the flesh and pith from the **preserved lemon** and finely chop the rind (see cooking tip). Finely chop the **onion**.



4. Add apricots

Add the **zucchini, apricots, preserved lemon** and **125ml (½ cup) water**. Season with **salt and pepper** and bring to a simmer. Reduce the heat to medium-low and cook, covered, for 5 mins. Remove the lid and cook for a further 2-3 mins until the vegetables are tender and the chicken is cooked through.



2. Toast almonds

Put the **almonds** in a cold, large deep frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from the pan, reserving the pan. Coarsely chop the **coriander**, keeping the leaves and stems separate. Cut the **chicken** into 2cm chunks.



5. Soak couscous

Meanwhile, put the **couscous** in a large heatproof bowl, add **1 tbs olive oil** and pour over **330ml (1½ cups) boiling water**. Cover with a plate or plastic wrap and set aside for 5 mins. Season with **salt and pepper** and fluff the grains, using a fork.



3. Start cooking

Heat **2 tbs olive oil** in the reserved pan over medium heat. Cook the **carrot, capsicum** and **onion**, stirring occasionally, for 3 mins or until starting to soften. Add the **coriander stems** and **3 tsp ras el hanout** (see cooking tip) and cook for 1 min or until fragrant. Add the **chicken** and cook, stirring regularly, for 2 mins or until lightly coloured.



6. Get ready to serve

Stir the **coriander leaves** into the **chicken mixture**. Divide the **couscous, chicken** and **vegetables** among bowls. Scatter with the **almonds** to serve.