

# MARLEY SPOON



## Middle Eastern Chicken

with Roasted Vegetable Couscous



30-40min



2 Portions

While it might take a little longer than cooking in a pan, oven-roasting on a weeknight means easy hands-off cooking - and less chance of burning or overcooking if you're temporarily distracted. Veggies and spiced yoghurt-marinated chicken roast to tender perfection while you prepare quick couscous. Top with creamy yoghurt and serve with a squeeze of fresh lemon for the finishing touch.

## What we send

- 7
- 1

## What you'll require

- boiling water
- olive oil
- sea salt and pepper

## Utensils

- baking paper
- fine grater
- oven tray

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

## Allergens

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

## Nutrition per serving

Energy 755kcal, Fat 28.5g, Carbs 68.5g, Proteins 49.0g



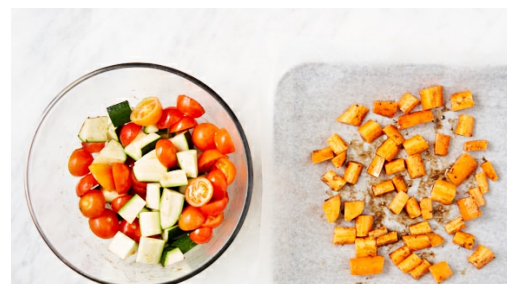
### 1. Prepare ingredients

Heat oven to 220C. Line 2 oven trays with baking paper. Cut the **zucchini** and **carrot** into 2cm chunks. Halve the **cherry tomatoes**. Crush or finely chop the **garlic**. Finely grate the zest of **half the lemon**, then juice the half. Cut the **remaining half** into wedges.



### 4. Make stock

Crumble **one of the stock cubes** (the remaining stock cube won't be used in this dish) into a heatproof jug, add **180ml (¾ cup) boiling water** and **2 tsp olive oil** and stir to dissolve. After the carrot has roasted for 10 mins, add the **tomato** and **zucchini** to tray. Roast the **chicken** on the top shelf and **vegetables** on the bottom shelf for 10 mins or until tender.



### 2. Roast vegetables

Put the **carrot**, **½ tsp baharat spice blend** and **2 tsp olive oil** in a bowl, season with **salt and pepper** and toss to combine. Put on 1 lined tray and roast for 10 mins. Meanwhile, add the **tomatoes** and **zucchini** to the same bowl, add **1 tsp baharat** (the remaining baharat won't be used in this dish) and **2 tsp olive oil** and toss to combine.



### 5. Prepare couscous

Put the **couscous** in a large heatproof bowl and pour over the **stock**. Cover with a plate or plastic wrap and stand for 5-7 mins until the stock has absorbed. Season with **salt and pepper** and fluff the grains with a fork.



### 3. Marinate chicken

Put the **garlic**, **half the yoghurt**, **½ tsp lemon zest**, **1 tsp smoked paprika** (the remaining paprika won't be used in this dish) and **1 tbs olive oil** in a large bowl. Season with **salt and pepper** and stir to combine. Add the **chicken** and turn to coat. Put the chicken on the remaining lined tray.



### 6. Get ready to serve

Stir **1 tbs lemon juice** and the **vegetables** through the **couscous** and season with **pepper**. Halve the **chicken**. Divide the **couscous** and **chicken** among plates and serve with the **remaining yoghurt** and **lemon wedges**.