

MARLEY SPOON



Middle Eastern Chicken

with Roasted Vegetable Couscous



30-40min



4 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

- 1
- 7
- 2 carrots
- 2 zucchini

What you'll require

- boiling water
- olive oil
- sea salt and pepper

Utensils

- baking paper
- fine grater

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 700kcal, Fat 23.3g, Carbs 67.3g, Proteins 48.3g



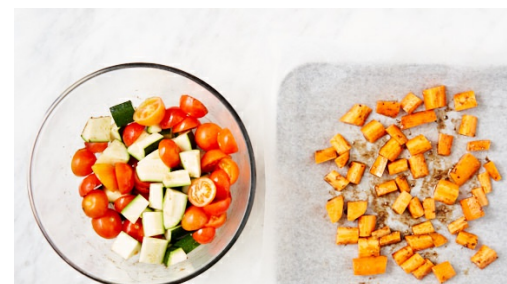
1. Prepare ingredients

Heat oven to 220C. Line 2 large oven trays with baking paper. Cut the **zucchini** and **carrots** into into 2cm chunks. Halve the **cherry tomatoes**. Crush or finely chop the **garlic**. Finely grate the zest of **1 lemon**, then juice. Cut the **remaining lemon** into wedges.



4. Make stock

Crumble **the stock cubes** into a heatproof jug, add **330ml (1 1/3 cups) boiling water** and **1 tbs olive oil** and stir to dissolve. After the carrot has roasted for 10 mins, add the **tomato** and **zucchini** to the tray. Roast the **chicken** on the top shelf and **vegetables** on the bottom shelf for 10 mins or until tender.



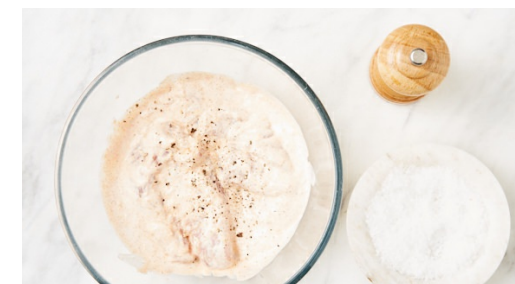
2. Roast vegetables

Put the **carrot**, **1 tsp baharat spice blend** and **1 tbs 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 **2 tsp baharat** (the remaining baharat won't be used in this dish) and **1 tbs 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**, **1 tsp lemon zest**, **2 tsp sweet 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 **2 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**.