

MARLEY SPOON



Moroccan-Spiced Chicken

with Couscous Salad and Hummus



30-40min



4 Portions

Mid-week dinners call for fast, flavoursome food that will keep everyone happy. This recipe does that and more. More, because it only uses one pan and we all know that means clean up will be a cinch. Lightly spiced tender chicken is pan-fried and served with a simple couscous, while healthy and filling hummus and a drizzle of yoghurt brings all the fragrant flavours together.

What we send

- 7
- 1
- 1,17

What you'll require

- boiling water
- olive oil
- sea salt and pepper

Utensils

- fine grater
- large frypan
- potato masher

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

Allergens

Gluten (1), Milk (7), Sulphites (17). May contain traces of other allergens.

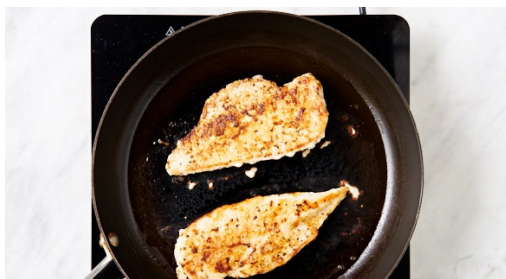
Nutrition per serving

Energy 725kcal, Fat 20.2g, Carbs 74.1g, Proteins 55.2g



1. Prepare ingredients

Crush or finely chop the **garlic**. Finely grate the **lemon** zest, then juice. Finely chop the **cucumbers**. Trim and thinly slice the **spring onions**. Finely chop the **mint**, discarding the stems (see cooking tip).



4. Cook chicken

Put the **chicken breasts** flat on a board, put your hand on top and slice in half horizontally into 4 equal fillets. Heat a large frypan over medium-high heat. Brush the chicken with **1 tbs olive oil**, season with **salt and pepper** and sprinkle with **2 tsp ras el hanout** (see cooking tip). Cook the chicken for 3 mins each side or until cooked through.



2. Steam couscous

Put the **couscous** and **lemon zest** in a large heatproof bowl and stir to combine. Add **330ml (1 1/2 cups) boiling water**, cover with a plate or plastic wrap and stand for 5-7 mins until the water has absorbed. Fluff the grains with a fork.



5. Rest chicken

Transfer the **chicken** to a plate, rest for 5 mins then drizzle over the **remaining lemon juice**.



3. Make hummus

Meanwhile, drain and rinse the **chickpeas**, then put in a bowl. Using a potato masher or a fork, mash until smooth. Stir in the **garlic**, **2 tsp lemon juice**, a **large pinch of ras el hanout**, **60ml (1/4 cup) water** and **2 tbs yoghurt**. Season with **salt and pepper**.



6. Get ready to serve

Meanwhile, add the **cucumber**, **spring onion**, **mint** and **2 tbs olive oil** to the **couscous**. Season with **salt and pepper** and stir to combine. Divide the **couscous salad** among plates. Top with the **chicken** and **any resting juices**. Spoon over the **remaining yoghurt** and serve with **hummus**.