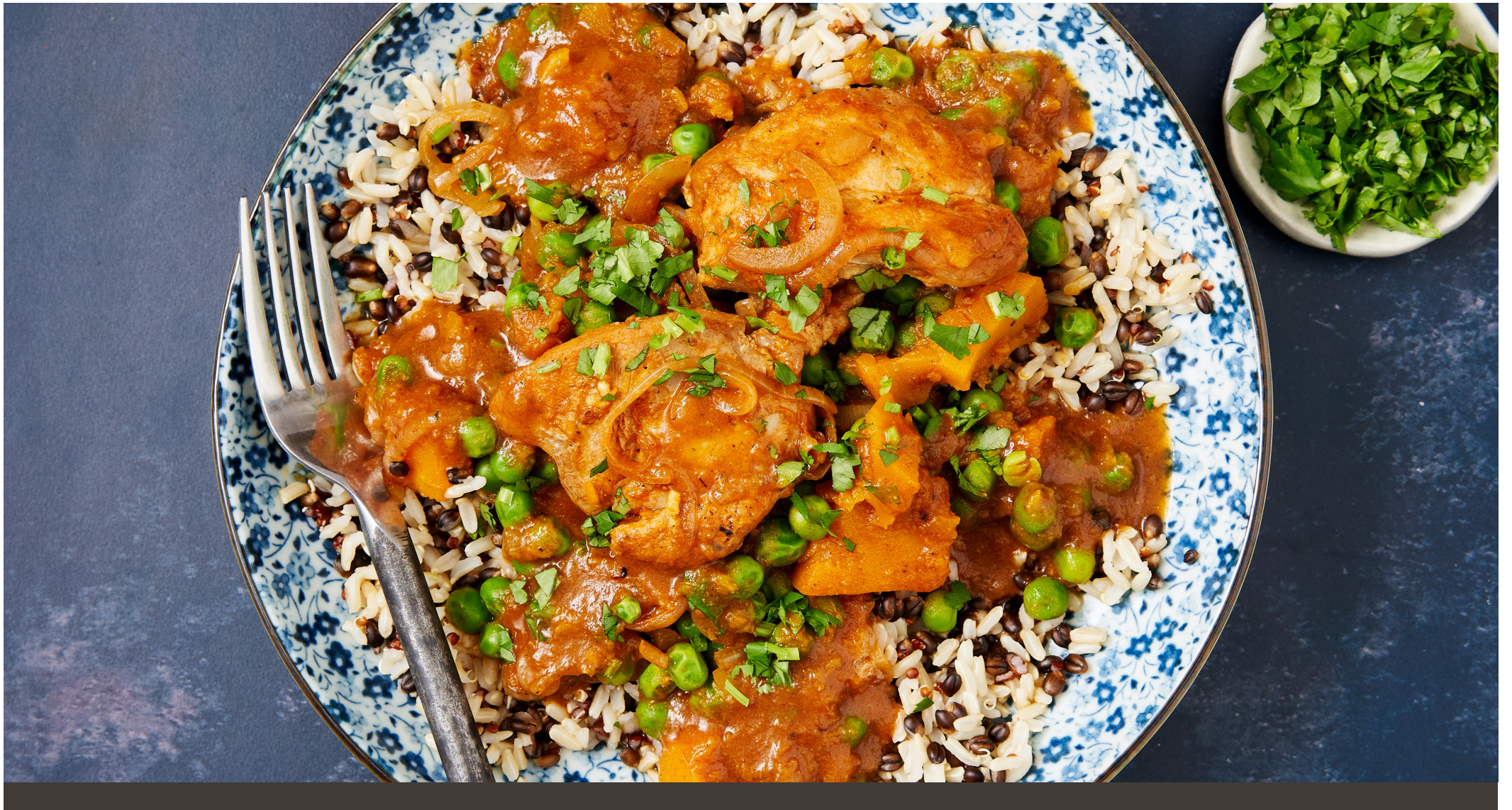


MARLEY SPOON



North African Chicken Stew

with Black Barley and Quinoa



30-40min



4 Portions

What we send

- 1
- 1,17
- coriander
- 2 garlic cloves

* The remainder of this ingredient won't be used in this recipe.

What you'll require

- boiling water
- olive oil
- sea salt and pepper

Utensils

- large deep frypan or saucepan with lid
- medium saucepan

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

Allergens

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

Nutrition per serving

Energy 620kcal, Fat 19.2g, Carbs 63.0g, Proteins 41.3g



1. Prepare ingredients

Read through the recipe. Bring a medium saucepan of water to the boil for the grain blend. Thinly slice the **onion**. Crush or finely chop the **garlic**. Coarsely chop the **coriander**, including the stems. Peel the **pumpkin** and cut into 2cm chunks. Halve the **chicken thighs fillets**.



2. Cook grain blend

Add the **grain blend** to the pan of boiling water, return to the boil and cook for 20-22 mins or until tender. Drain. Meanwhile, crumble the **stock cubes** into a heatproof jug, add the **tomato paste** and **750ml (3 cups) boiling water** and stir to dissolve.



3. Brown chicken

Heat **2 tbs olive oil** in a large deep frypan over medium-high heat. Season the **chicken** with **salt and pepper** and cook for 2 mins each side or until golden (the chicken will not be cooked through). Remove from the pan.



4. Cook aromatics

Add the **onion, garlic, ras el hanout** and **2 tsp cumin**** and cook, stirring, for 2 mins or until softened. Add the **stock mixture**, scraping to incorporate the flavour from the base of the pan.



5. Simmer stew

Return the **chicken** to the pan with any juices. Add the **pumpkin**, season with **salt and pepper** and bring to the boil. Reduce the heat to medium and cook, covered, for 5 mins. Cook, uncovered, for a further 5 mins or until the pumpkin is almost tender.



6. Cook peas

Add the **peas** to the **stew** and increase the heat to medium-high. Return to the boil and cook for 2 mins or until the pumpkin is tender. Using the back of a spoon, lightly mash the **pumpkin** into the sauce to thicken slightly. Taste, then season with **salt and pepper**. Divide the **grain blend** and **stew** among bowls and scatter over the **coriander** to serve.