



# Chermoula Chicken and Zhoug Couscous with Bell Pepper and Fresh Tomato Sauce

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Classic 25-30 Minutes • Medium Spice • 1 of your 5 a day



Bell Pepper



Garlic Clove



Medium Tomato



Diced British Chicken Breast



Chermoula Spice Mix



Couscous



Chicken Stock Paste



Sun-Dried Tomato Paste



Zhoug Style Paste



Low Fat Natural Yoghurt

**Pantry Items**

Oil, Salt, Pepper, Sugar

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

## Cooking tools

Kettle, garlic press, frying pan, bowl and cling film.

## Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	1½	2
Garlic Clove**	1	1	2
Medium Tomato	2	3	4
Diced British Chicken Breast**	240g	390g	480g
Chermoula Spice Mix	1 sachet	1 sachet	2 sachets
Couscous <b>13</b>	120g	180g	240g
Chicken Stock Paste	20g	30g	40g
Sun-Dried Tomato Paste	25g	37g	50g
Zhoug Style Paste	45g	67g	90g
Low Fat Natural Yoghurt** 7)	75g	120g	150g

Pantry	2P	3P	4P
Boiled Water for the Couscous*	200ml	300ml	400ml
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	75ml	100ml	125ml

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	571g	100g
Energy (kJ/kcal)	2398/573	420/100
Fat (g)	16.4	2.9
Sat. Fat (g)	2.4	0.4
Carbohydrate (g)	58.6	10.3
Sugars (g)	13.0	2.3
Protein (g)	44.4	7.8
Salt (g)	3.23	0.57

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

7) Milk **13**) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.


HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

## Contact

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## Get Prepped

Boil a full kettle.

Halve the **bell pepper** and discard the core and seeds. Slice into thin strips. Peel and grate the **garlic** (or use a garlic press).

Cut the **tomatoes** into 2cm chunks.



## Bring on the Sauce

When the **chicken** is cooked, add the **garlic**, **sun-dried tomato paste**, **tomato chunks**, **sugar** and **water for the sauce** (see pantry for both amounts) and remaining **chicken stock paste** to the pan.

Stir together, then simmer until the **tomato** has softened, 4-5 mins.

Once softened, gently squish the **tomato chunks** in the **sauce** using a fork or spoon.



## Cook the Chicken

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **sliced pepper** and fry for 2 mins, then add the **chicken** and **chermoula spice mix** (add less if you'd prefer things milder) to the pan. Season with **salt** and **pepper**.

Fry until the **chicken** is golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



## Add the Zhoug

When the **couscous** is ready, fluff it with a fork and stir through the **zhoug** (add less if you'd prefer things milder).



## Get the Couscous On

While the chicken cooks, put the **couscous** in a bowl.

Pour in the **boiled water for the couscous** (see pantry for amount), stir in **half** the **chicken stock paste**, then cover tightly with cling film.

Leave to the side for 10 mins or until ready to serve.



## Serve Up

Share the **zhoug couscous** between your bowls and spoon over the **chermoula chicken**.

Finish with a drizzle of **yoghurt** over the top.

## Enjoy!