



# Honey Harissa Chicken and Spinach

with Greek Style Cheese and Couscous Salad

**Super Quick** 15 Minutes • **Medium Spice**

7



Diced British Chicken Breast



Couscous



Vegetable Stock Paste



Cider Vinegar



Harissa Paste



Tomato Puree



Honey



Baby Spinach



Greek Style Salad Cheese



King Prawns

**Pantry Items**

Oil, Salt, Pepper, Sugar, Olive Oil

**Make it Pescatarian**

If you chose to make this recipe pescatarian, then just follow the instructions on the back of this card.

Happy cooking!



## 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, frying pan, bowl and cling film.

## Ingredients

Ingredients	2P	3P	4P
Diced British Chicken Breast**	240g	390g	520g
Couscous <b>13</b> )	120g	180g	240g
Vegetable Stock Paste <b>10</b> )	10g	15g	20g
Cider Vinegar <b>14</b> )	15ml	22ml	30ml
Harissa Paste <b>14</b> )	50g	75g	100g
Tomato Puree	30g	45g	60g
Honey	15g	22g	30g
Baby Spinach**	40g	100g	100g
Greek Style Salad Cheese** <b>7</b> )	50g	100g	100g
King Prawns** <b>5</b> )	225g	300g	450g
Pantry	2P	3P	4P
Boiled Water for the Couscous*	200ml	300ml	400ml
Sugar*	1 tsp	1½ tsp	2 tsp
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	100ml	150ml	200ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	471g	100g	454g	100g
Energy (kJ/kcal)	2546 / 609	541 / 129	2148 / 513	474 / 113
Fat (g)	20.8	4.4	19.0	4.2
Sat. Fat (g)	5.6	1.2	5.2	1.1
Carbohydrate (g)	56.9	12.1	56.7	12.5
Sugars (g)	14.6	3.1	14.5	3.2
Protein (g)	44.8	9.5	26.7	5.9
Salt (g)	2.35	0.50	3.67	0.81


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

## Allergens

**5**) Crustaceans **7**) Milk **10**) Celery **13**) Cereals containing gluten **14**) Sulphites

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.

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## Get Frying

- Boil a half-full kettle.
- Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat.
- Once hot, fry the **chicken**, 8-10 mins.
- Season with **salt** and **pepper**. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.

## Make it Pescatarian

If you've chosen the pescatarian version, drain the **prawns**. Stir-fry, 4-5 mins, then continue as instructed. **IMPORTANT:** Wash hands and utensils after handling raw prawns. Cook so they're opaque in the middle.

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## Flavour Time

- In another bowl, combine the **cider vinegar**, **sugar** and **olive oil** (see pantry for both).
- Season with **salt** and **pepper**.
- Add the **harissa** (add less if you'd prefer things milder), remaining **veg stock paste**, **tomato puree**, **honey** and **water** (see pantry) to the **chicken**. **TIP:** Put hardened honey into hot water for 1 min.
- Simmer, 2-3 mins.
- Next, add the **spinach** in handfuls, making sure it's piping hot, 1-2 mins.

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## Cook Couscous

- Meanwhile, put the **couscous** in a bowl.
- Pour in the **boiled water** (see pantry), stir in **half** the **veg stock paste**.
- Cover tightly with cling film. Set aside for 10 mins.

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## Dinner's Ready!

- Fluff up the **couscous** and stir in the **dressing**. Share between your bowls.
- Top with the **harissa chicken and spinach**.
- Crumble over the **cheese**.

## Enjoy!