



Easy Peasy Honey Harissa Chicken

with Spinach, Greek Style Cheese and Couscous Salad

Super Quick 15 Minutes • **Medium Spice**

7



Diced British Chicken Breast



Couscous



Chicken Stock Paste



Cider Vinegar



Harissa Paste



Tomato Puree



Honey



Baby Spinach



Greek Style Salad Cheese



Ready in just 15 minutes, our Easy Peasy Honey Harissa Chicken is spicy and fully delicious. Harissa is widely used in Middle Eastern and North African cuisine, containing dried chillies, star anise, cumin and coriander.

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

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	480g
Couscous 13	120g	180g	240g
Chicken Stock Paste	20g	30g	40g
Cider Vinegar 14	15ml	22ml	30ml
Harissa Paste 14	50g	75g	100g
Tomato Puree	30g	45g	60g
Honey	15g	22g	30g
Baby Spinach**	40g	100g	100g
Greek Style Salad Cheese** 7	50g	100g	100g
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
for uncooked ingredient	456g	100g
Energy (kJ/kcal)	2584 /618	567 /135
Fat (g)	21.1	4.6
Sat. Fat (g)	5.8	1.3
Carbohydrate (g)	57.4	12.6
Sugars (g)	14.6	3.2
Protein (g)	45.7	10.0
Salt (g)	3.21	0.70

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **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.


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

Contact

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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.



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 **chicken 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.



Cook Couscous

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



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!