



Middle Eastern Style Chicken and Apricot Stew

with Couscous, Roasted Carrots and Dill Yoghurt

12

Rapid 20 Minutes • Medium Spice • 1 of your 5 a day



Carrot



Ground Cumin



Chicken Stock Paste



Couscous



Diced Chicken Breast



Dried Apricots



Dill



Garlic Clove



Tomato Puree



Harissa Paste



Low Fat Natural Yoghurt



King Prawns

Pantry Items
Oil, Salt, Pepper

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, saucepan, lid, frying pan, garlic press, fine grater and bowl.

Ingredients

Ingredients	2P	3P	4P
Carrot**	2	3	4
Ground Cumin	1 sachet	1 sachet	2 sachets
Chicken Stock Paste	20g	30g	40g
Couscous 13	120g	180g	240g
Diced Chicken Breast**	280g	420g	560g
Dried Apricots 14	40g	60g	80g
Dill**	1 bunch	1 bunch	1 bunch
Garlic Clove**	1	2	2
Tomato Puree	1 sachet	1½ sachets	2 sachets
Harissa Paste	1 sachet	1½ sachets	2 sachets
Low Fat Natural Yoghurt** 7	75g	120g	150g
King Prawns** 5	150g	225g	300g
Pantry	2P	3P	4P
Water for the Couscous*	240ml	360ml	480ml
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Ingredients	Per serving	Per 100g
for uncooked ingredient	415g	100g
Energy (kJ/kcal)	2506 /599	604 /144
Fat (g)	13.7	3.3
Sat. Fat (g)	2.3	0.5
Carbohydrate (g)	71.4	17.2
Sugars (g)	25.8	6.2
Protein (g)	47.7	11.5
Salt (g)	2.63	0.64

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	490g	100g
Energy (kJ/kcal)	2726 /651	557 /133
Fat (g)	14.5	3.0
Sat. Fat (g)	2.5	0.5
Carbohydrate (g)	71.4	14.6
Sugars (g)	25.8	5.3
Protein (g)	59.4	12.1
Salt (g)	3.53	0.72

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans 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, milk, egg, mustard, celery, soya, 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.

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Roast the Carrots

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Trim the carrot, then slice into 1cm thick rounds (no need to peel).
- Pop the carrots onto a baking tray. Drizzle with oil, season with salt and pepper, then sprinkle with half the cumin. Toss to coat, then spread out in a single layer.
- When the oven is hot, roast on the top shelf until soft and golden, 15-16 mins. Turn halfway through.



Simmer and Spice

- Stir the garlic, tomato puree and harissa paste (add less if you'd prefer things milder) into the chicken. Cook for 1 min more.
- Add the water for the sauce (see ingredients for amount) and apricots to the pan, along with the remaining cumin and chicken stock paste. Stir together and bring to a gentle simmer.
- Cook until the sauce has thickened and the chicken is cooked through, 7-9 mins. Add a splash of water if it gets too thick. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Couscous Time

- While the carrots roast, pour the water for the couscous (see ingredients for amount) and half the chicken stock paste into a saucepan and bring to the boil.
- When boiling, remove from the heat, stir in the couscous and pop a lid on the pan.
- Leave to the side for 8-10 mins or until ready to serve.



Mix the Dill Yoghurt

- While the stew simmers, combine the yoghurt and half the dill in a small bowl. Season with salt and pepper.
- Carefully fluff up the couscous with a fork, then stir through the remaining dill and season to taste.

CUSTOM RECIPE

If you've chosen to add king prawns to your meal, halfway through simmering your stew, bring it up to the boil, then stir in the prawns. Cook for the remaining 4-5 mins. **IMPORTANT:** Wash your hands and equipment after handling raw prawns. The prawns are cooked when pink on the outside and opaque in the middle.



Fry the Chicken

- Meanwhile, heat a drizzle of oil in a large frying pan on medium-high heat.
- Once the oil is hot, add the chicken and season with salt and pepper. Cook until browned all over, 5-6 mins. Turn occasionally. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.
- While the chicken cooks, roughly chop the apricots and dill (stalks and all).
- Peel and grate the garlic (or use a garlic press).



Finish and Serve

- When everything is ready, taste the stew and season with salt and pepper if needed.
- Share the couscous between your bowls and spoon over the chicken stew.
- Top with the roasted carrots and a spoonful of dill yoghurt to finish.

Enjoy!