



Middle Eastern Style Chicken and Apricot Stew

with Couscous, Roasted Carrots and Yoghurt

12

Rapid 20 Minutes • Medium Spice • 2 of your 5 a day



Carrot



Ground Cumin



Chicken Stock Paste



Couscous



Diced Chicken Breast



Dried Apricots



Garlic Clove



Tomato Puree



Harissa Paste



Low Fat Natural Yoghurt

Pantry Items
Oil, Salt, Pepper

Before you start

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

Cooking tools

Baking tray, saucepan, lid, frying pan and garlic press.

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	110g	180g	240g
Diced Chicken Breast**	260g	390g	520g
Dried Apricots 14	40g	60g	80g
Garlic Clove**	1	2	2
Tomato Puree	30g	45g	60g
Harissa Paste	50g	75g	100g
Low Fat Natural Yoghurt** 7	75g	120g	150g
Pantry	2P	3P	4P
Water for the Couscous*	220ml	360ml	480ml
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2418 /578	600 /143
Fat (g)	13.6	3.4
Sat. Fat (g)	2.3	0.6
Carbohydrate (g)	66.8	16.6
Sugars (g)	22.5	5.6
Protein (g)	44.2	11.0
Salt (g)	2.83	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, 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.

Contact

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Roast the Carrots

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Trim the **carrots**, 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, 16-18 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 pantry 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, 8-10 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 pantry 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.



Season to Taste

- When the **stew** is almost ready, carefully fluff up the **couscous** with a fork and season to taste with **salt** and **pepper**.
- Once the **stew** has thickened, taste and season if needed.



Fry the Chicken

- Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once 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**.
- Peel and grate the **garlic** (or use a garlic press).



Serve

- Share the **couscous** between your bowls and spoon over the **chicken stew**.
- Top with the **roasted carrots** and a spoonful of **yoghurt** to finish.

Enjoy!