

# Peri Peri Chicken and Couscous Bowl

with Peas and Cheddar Cheese

Calorie Smart 20 Minutes • Medium Spice • 2 of your 5 a day • Under 650 Calories













Chicken Stock Paste

Diced Chicken Thigh





**Garlic Clove** 

Mature Cheddar Cheese





Peri Peri Seasoning

Tomato Passata







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

# Cooking tools

Kettle, bowl, cling film, frying pan, garlic press and grater. **Inaredients** 

Ingredients	2P	3P	4P
Couscous 13)	120g	180g	240g
Peas**	120g	180g	240g
Chicken Stock Paste	20g	30g	40g
Diced Chicken Thigh**	260g	390g	520g
Garlic Clove**	2	3	4
Mature Cheddar Cheese** 7)	30g	40g	60g
Peri Peri Seasoning	1 sachet	1 sachet	2 sachets
Peri Peri Seasoning Tomato Passata	1 sachet 1 carton	1 sachet 1½ cartons	
Tomato Passata	1 carton	1½ cartons	2 cartons
Tomato Passata Red Pepper Chilli Jelly Diced Chicken Breast**	1 carton 25g 260g	1½ cartons 37g 390g	2 cartons 50g 520g
Tomato Passata Red Pepper Chilli Jelly Diced Chicken Breast**  Pantry	1 carton 25g 260g 2P	1½ cartons 37g 390g <b>3P</b>	2cartons 50g 520g
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### **Nutrition**

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

Tracificant		Custom Recipe		
Typical Values	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	400g	100g	400g	100g
Energy (kJ/kcal)	2629 /628	657/157	2368 /566	592/141
Fat (g)	20.9	5.2	10.8	2.7
Sat. Fat (g)	7.7	1.9	4.7	1.2
Carbohydrate (g)	65.8	16.4	65.6	16.4
Sugars (g)	17.3	4.3	17.3	4.3
Protein (g)	46.5	11.6	49.3	12.3
Salt (g)	3.16	0.79	3.09	0.77

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal). Point™ values based on low-cal cooking spray oil.

# 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, milk, egg, mustard, celery, soya, gluten and sulphites.

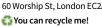
Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email

#### Contact

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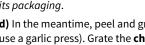
#### Get the Couscous on

- a) Boil a full kettle.
- b) Put the couscous in a large bowl. Pour in the boiled water for the couscous (see pantry for amount), stir in the **peas** and **half** the **chicken** stock paste, then cover tightly with cling film.
- c) Leave to the side for 10 mins or until ready to serve.



# Fry the Chicken

- a) Meanwhile, heat a drizzle of oil in a large frying pan on medium-high heat.
- b) Once hot, add the diced chicken to the pan and season with salt and pepper.
- c) Cook until browned all over, 5-6 mins. Turn occasionally. IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.
- d) In the meantime, peel and grate the garlic (or use a garlic press). Grate the cheese.



#### **CUSTOM RECIPE**

If you've chosen to get diced chicken breast instead of thigh, cook the recipe in the same way.



Add the Spicy Flavour

a) Once the chicken has browned, add the garlic and peri peri seasoning, fry for 1 min.



# Bring on the Sauce

- a) Stir in the passata, water for the sauce (see pantry for amount) and remaining chicken stock paste.
- b) Bring the sauce to the boil, stir and lower the heat so it simmers gently. Simmer until the chicken is cooked through, 3-4 mins. IMPORTANT: The chicken is cooked when no longer pink in the middle.



# Chilli Jam Time

- a) Once the chicken is cooked through, stir in the red pepper chilli jelly.
- b) Season with salt and pepper and remove from the heat.



#### Serve

- a) Fluff up the couscous with a fork then share it out between your serving bowls.
- b) Spoon over the peri peri chicken and sprinkle over the cheese to finish.

# Enjoy!



