



Cooking Made Easy

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## Souk-ulent Chicken Tagine with Apricot, Almonds & Yoghurt

Head Chef Patrick recently went off on another of his 'research' (AKA holiday) trips. This time it was to the exotic souks of Marrakech. A lot of people seemed interested in the rugs and teapots but our trusty chef took one for the team and spent his whole trip testing food to inspire our future menus. This little number was one of those dishes. Where shall we send him next? Answers on Facebook please!

40 min

spicy



Onion



Sweet Potato



Carrot



Garlic Clove



Dried Apricots



Chicken Thigh



Ras el Hanout



Red Chilli



Chicken Stock Pot



Couscous



Mint



Flat Leaf Parsley



Lemon



Flaked Almonds



Natural Yoghurt

## Ingredients

	2P	4P
Onion, sliced	1 cup	2 cups
Sweet Potato, diced	1 cup	1½ cups
Carrot, diced	½ cup	2 cups
Garlic Clove, chopped	2	3
Dried Apricots, chopped <b>1</b>	3	6
Chicken Thigh	3	6
Ras el Hanout	1½ tbsp	3 tbsp
Red Chilli	1	1
Chicken Stock	1 pot	2 pot
Couscous <b>2</b>	1 cup	2 cups
Mint, chopped	2 tbsp	4 tbsp
Flat Leaf Parsley, chopped	2 tbsp	4 tbsp
Lemon	½	1
Flaked Almonds <b>3</b>	2 tbsp	4 tbsp
Natural Yoghurt <b>4</b>	4 tbsp	½ cup

⊕ May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

## Allergens

**1)** Sulphites | **2)** Gluten  
**3)** Nut | **4)** Milk

## Nutrition per serving

Calories: 675 kcal,  
Protein: 32g, Carbs: 115g,  
Fat: 9g, Saturated Fat: 1g

1



**1** Peel the onion, slice in half through the root and then thinly cut widthways into half moon shapes. Peel and dice the sweet potato and carrot into about 1cm cubes. Finely chop the garlic and roughly chop the apricots.

3



**2** Chop the chicken into bite sized pieces. Heat 1 tbsp of olive oil in a pan on medium-high heat. Once hot add the chicken and season with a pinch of salt and pepper. Cook for around 5 mins until cooked through then remove until later.

4



**3** Heat 1 tbsp of olive oil in the same pan on medium heat and cook the onions and garlic until soft. Add the Ras el Hanout and stab the whole chilli a few times before adding to the pan. Fry gently for 1 minute. **Tip:** *The more you stab the chilli the hotter the final dish will be.*

6



**4** Add half the stock pot with 500ml of boiling water to the pan together with the chicken, sweet potato, carrot and apricots. Season with ¼ tsp of salt and a few grinds of pepper to taste. Cover with a lid and

cook on a medium heat for 10 mins, then uncovered for 10-15 mins.

**5** Boil 250ml of water with the remaining stock pot. Add in your couscous and cover the pot tightly. Take off the heat and leave to rest for 5 mins. **Tip:** *Be exact with the amount of water to prevent soggy couscous!*

**6** Finely chop the mint and parsley and mix all of the mint and two-thirds of the parsley into the couscous. Add ½ tbsp of olive oil, juice of a quarter of the lemon and mix with a fork to separate the grains. **Tip:** *Test for seasoning and add as required.*

**7** Toast the flaked almonds in a dry frying pan over a medium heat until they are golden brown.

**8** Mix the yoghurt with the juice of another quarter of a lemon and a pinch of salt and pepper. Serve the tagine on a bed of couscous topped with the almonds, a dollop of the yoghurt and the remaining chopped parsley.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!