



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 mins

family box

spicy



Onion (2)



Sweet Potato (1)



Carrot (4)



Garlic Clove (4)



Dried Apricots (8)



Chicken Thigh (6)



Ras el Hanout (2 tbsp)



Red Chilli (1)



Vegetable Stock Pot (1)



Couscous (1½ cups)



Flaked Almonds (3 tbsp)



Mint (4 tbsp)



Flat Leaf Parsley (4 tbsp)



Lemon (1)



Natural Yoghurt (2 pots)

Ingredients

	2P	4P
Onion, sliced	-	2
Sweet Potato, diced	-	1
Carrot, diced	-	4
Garlic Clove, chopped	-	4
Dried Apricots, chopped 1	-	8
Chicken Thigh	-	6
Ras el Hanout	-	2 tbsp
Red Chilli	-	1
Vegetable Stock Pot 2	-	1
Couscous 3	-	1½ cups
Flaked Almonds 4	-	3 tbsp
Mint, chopped	-	4 tbsp
Flat Leaf Parsley, chopped	-	4 tbsp
Lemon	-	1
Natural Yoghurt 5	-	2 pots

 May feature in another recipe

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

LH Step for little hands

Allergens

1) Sulphites | **2)** Celery

3) Gluten | **4)** Nut

5) Milk

Nutrition per serving: Calories: 675 kcal | Protein: 32 g | Carbs: 115 g | Fat: 9 g | Saturated Fat: 2 g



1

1 Peel the onions, cut in half through the root and then thinly slice widthways into half moon shapes. Peel and dice the sweet potatoes and carrots into about 1cm cubes. Peel and finely chop the garlic and roughly chop the apricots.

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



3

2 Chop the chicken into bite-sized pieces. Heat 2 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.

5 Boil 500ml 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!*



4

3 Heat 2 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 Toast the flaked almonds in a dry frying pan over a medium heat until they are golden brown.



7

4 Add 1 stock pot with 800ml of boiling water to the pan together with the chicken, sweet potato, carrot and apricots. Season with ½ tsp of salt and a few grinds of pepper to taste. Cover with a lid and

7 Finely chop the herbs and mix all of the mint and two-thirds of the parsley into the couscous. Add 1 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.*

8 **LH:** *Mix the yoghurt with the juice of half the lemon and a pinch of salt and pepper.*

9 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!