



CHICKEN TAGINE

with Couscous and Chickpeas



HELLO CORIANDER

Ancient Egyptians kept coriander in their tombs, as they believed it could be used as a food in the afterlife.



Chicken Stock Powder



Couscous



Courgette



Coriander



Chickpeas



Diced Chicken Thigh



Tagine Paste



Finely Chopped Tomatoes with Onion



Tagine Garnish

MEAL BAG

20 mins

4.5 of your 5 a day

Little heat

André is well known for his jaunts to Morocco. Last time he returned he cooked up this recipe and everyone loved it! Tagines normally take hours and hours in a clay pot, but not this one... 20 minutes and a couple of pans and BAM... you could almost be in Morocco!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Mixing Bowl**, **Measuring Jug**, some **Clingfilm**, a **Sieve** and **Large Frying Pan**. Now, let's get cooking!



1 COOK THE COUSCOUS

Fill and boil your kettle. Put the **couscous** in a mixing bowl. Pour the boiling **water** (see ingredients for amount) into the bowl. Add **half the stock powder**, stir well to dissolve. Cover tightly with clingfilm and leave to the side for 10 mins or until ready to serve.



2 DO THE PREP

Meanwhile, halve the **courgette** lengthways. Thinly slice widthways. Roughly chop the **coriander** (stalks and all). Drain and rinse the **chickpeas** in a sieve.



3 START THE TAGINE

Heat a splash of **oil** in a large frying pan over high heat. Fry the **diced chicken** until browned all over, 3-4 mins. Lower the heat to medium and add the **courgette**. Cook, stirring well for 2 mins.



4 SIMMER THE TAGINE

Add the **tagine paste**, **garnish**, remaining **stock powder**, **chopped tomatoes** and **chickpeas**. Stir to dissolve the **stock powder** and simmer until the **chicken** is cooked through, 8-10 mins. **IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle.* Stir every couple of mins to make sure it isn't catching to the bottom of the pan.



5 FINISH THE COUSCOUS

Fluff the **couscous** up with a fork. Season the **tagine** to taste with **salt** and **pepper** if needed and stir through **half the coriander**.



6 SERVE

Serve the **couscous** in bowls topped with the **chicken tagine**. Sprinkle over the remaining **coriander**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Couscous ¹³⁾	150g	225g	300g
Courgette *	1	1½	2
Coriander *	1 bunch	1 bunch	1 bunch
Chickpeas	1 carton	1 carton	2 cartons
Diced Chicken Thigh *	280g	420g	560g
Tagine Paste ¹⁴⁾	1 pot	1½ pots	2 pots
Finely Chopped Tomatoes with Onion	1 carton	1½ cartons	2 cartons
Tagine Garnish ¹⁴⁾	1 pot	1½ pots	2 pots
Water*	300ml	450ml	600ml

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 670G	PER 100G
Energy (kJ/kcal)	3475 / 831	519 / 124
Fat (g)	19	3
Sat. Fat (g)	4	1
Carbohydrate (g)	94	14
Sugars (g)	22	3
Protein (g)	64	10
Salt (g)	4.40	0.66

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

¹³⁾ Gluten ¹⁴⁾ Sulphites

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

Head online or use our app to rate this recipe or get in touch via hello@hellofresh.co.uk



You made this, now show it off! Share your creations with us:

📷 🐦 📘 📌 #HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm
60 Worship St, London EC2A 2EZ

♻️ YOU CAN RECYCLE ME!

HelloFRESH