



CHICKEN TAGINE

with Prunes, Couscous and Tomato Salsa



HELLO PRUNES

Prunes are actually just dried plums!



Red Onion



Red Pepper



Garlic



Vine Tomato



Pitted Prunes



Diced Chicken Thigh



Lemon



Ras-el-Hanout



Chicken Stock Pot



Couscous



Flat Leaf Parsley

MEAL BAG

35 mins

3 of your 5 a day

Medium heat

Traditionally, a tagine was cooked in the remaining heat of the bakers' ovens in Morocco. The easily recognisable conical clay pot would be filled with meat, dried fruit, vegetables, and a small amount of liquid, and left to slow cook for a few hours. On the table in 35 minutes, tonight's fragrant chicken tagine proves that you can create the same depth of flavour and delicious texture without a clay pot to hand and hours to spare!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater** (or **Garlic Press**), **Frying Pan**, **Saucepan** (with **Lid**) and a **Mixing Bowl**. Now, let's get cooking!



1 DO THE PREP

Cut the **red onion** in half through the root. Peel and thinly slice into half moon shapes. Remove the core from the **red pepper** and then chop into 1cm chunks. Peel and grate the **garlic** (or use a garlic press if you have one). Chop the **vine tomato** into small (roughly) 1cm pieces. Chop each **prune** into six pieces. Grate the **lemon zest**.



2 FRY THE ONION

Meanwhile, pop a frying pan on medium heat and heat a drizzle of **oil**. Add your **red onion** slices and cook until softened, 5 mins. Turn up the heat to medium high and add your **chicken**. Cook for another 5 mins, then add the **pepper, prunes** and half your **tomato**. Cook for 5 mins, then add your **garlic** and **ras-el-hanout** (see ingredients for amount) and cook for 1 minute more.



3 SIMMER THE TAGINE

Mix the water (see ingredients for amount) with half the **chicken stock pot** in a measuring jug. Stir this into your **tagine** and bring to a gentle simmer. Turn the heat down and leave to gently simmer, 10 mins. The **tagine** should be a syrupy consistency.



4 COOK THE COUSCOUS

Whilst the **tagine** simmers, pour the **water** into a saucepan (see ingredients for amount) on medium high heat and add the rest of your **stock pot**. Stir to dissolve and once boiling, add the **couscous** and **lemon zest**. Stir together. Take off the heat, pop a lid on and leave to the side for 10 mins, or until everything else is ready.



5 SALSA TIME

Roughly chop the **parsley**. Pop it in a bowl and add your remaining **chopped tomato**. Squeeze in your **lemon juice**. Add a drizzle of **olive oil**, a pinch of **salt** and a grind of **pepper** and mix together.



6 FINISH AND SERVE

Fluff up your **couscous** with a fork, taste and season with **salt** and **pepper** if you feel it needs it. Serve your **couscous** in bowls with a good helping of tagine and a spoonful of salsa. **Enjoy!**

2 PEOPLE INGREDIENTS

Red Onion	1
Red Pepper	1
Garlic	1
Vine Tomato	2
Pitted Prunes	40g
Diced Chicken Thigh	280g
Lemon	½
Ras-el-Hanout	1 pod
Water for the Tagine*	200ml
Chicken Stock Pot	1
Water for the Couscous*	300ml
Couscous ¹³⁾	150g
Flat Leaf Parsley	1 small bunch

*Not Included

NUTRITION PER UNCOOKED INGREDIENTS	PER SERVING 540G	PER 100G
Energy (kcal)	615	114
(kJ)	2573	476
Fat (g)	13	2
Sat. Fat (g)	3	1
Carbohydrate (g)	72	13
Sugars (g)	19	4
Protein (g)	52	10
Salt (g)	2.41	0.45

ALLERGENS

¹³⁾ Gluten

Chicken Stock Pot: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract.

Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between use.

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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