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Chicken and Apricot Tagine with Turmeric Roasted Cauliflower and Couscous

Our chef Mimi is a bit of a cauliflower fanatic and in her opinion there's no better way to cook this cloud shaped veg than roasting! "It's so pretty when it's all golden from the oven with the turmeric," she says. She's totally right, give this dish a go and it'll be a vibrant feast for your eyes and for your taste buds.

🕐 40 mins

🧀 lactose free

🍴 healthy

Onion (1)	Garlic Clove (1)	Dried Apricots (1 sachet)	Cauliflower (½)	Chicken Thigh (3)	Turmeric (¾ tsp)
Water (300ml)	Chicken Stock Pot (1)	Couscous (¾ cup)	Ras-el-Hanout (½ tsp)	Organic Chopped Tomatoes (1 tin)	Pistachios (25g)

2 PEOPLE INGREDIENTS

- Onion, chopped — **1**
- Garlic Clove, grated — **1**
- Dried Apricots, quartered — **1 sachet**
- Cauliflower, florets — **½**
- Chicken Thigh — **3**
- Turmeric — **¾ tsp**
- Water — **300ml**
- Chicken Stock Pot — **1**
- Couscous — **¾ cup**
- Ras-el-Hanout — **½ tsp**
- Organic Chopped Tomatoes — **1 tin**
- Pistachios — **25g**

Allergens: Sulphites, Gluten, Nut.

Our fruit and veggies may need a little wash before cooking!

**Did you know...**
In China, apricots were once called 'moons of the faithful' and were thought to enhance women's fertility.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	593 kcal / 2503 kJ	11 g	2 g	76 g	20 g	44 g	3 g
Per 100g	104 kcal / 438 kJ	2 g	0 g	13 g	3 g	8 g	0 g

Chicken Stock Pot Ingredients: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract.
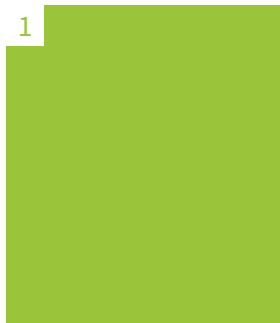
1 Pre-heat your oven to 200 degrees. Cut the **onion** in half through the root, peel and chop into roughly 1cm pieces. Peel and grate the **garlic**. Quarter the **apricots**. Separate the **cauliflower** into florets. Cut the **chicken** into roughly 2cm pieces.

2 Put your **cauliflower** on a baking tray, sprinkle over the **turmeric**, drizzle over some **olive oil** and give the tray a good shake so the **cauliflower** is coated. Leave the tray to the side (you'll cook the cauliflower later).

3 Pour the **water** into a pot (amount listed above), put on medium-high heat and bring to a boil with half the **chicken stock pot**. Once boiling, add the **couscous** and put a lid on. Take the pot off the heat and leave to the side until everything is ready. **Tip:** *The couscous will absorb the stock!*
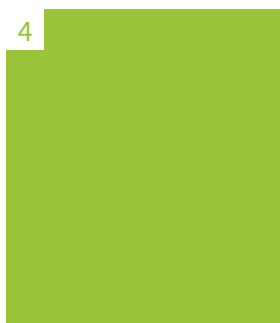
4 Put your **cauliflower** in the oven to cook for 15-20 mins until slightly crispy.

5 Put a large frying pan on medium heat and add a drizzle of **olive oil** and your **chicken**. Add a pinch of **salt** and a good grind of **black pepper** and cook the **chicken** for 4-5 mins until slightly browned on the outside. **Tip:** *The chicken doesn't have to be completely cooked at this stage as we will cook it later in the tagine!* Remove the **chicken** from the pan onto a plate. **Tip:** *Cook the chicken in batches if you need to as you don't want to stew it, you want to fry it!*

6 Once your **chicken** has been removed from the pan, add another splash of **olive oil** to the pan along with the **onions** (no need to wash up!). Reduce the heat to medium and cook the **onions** for 5 mins until soft. **Tip:** *If they start to colour slightly, don't worry, just add a splash of water to the pan!*

7 When your **onions** have been cooking for 5 mins, add in the **garlic** and **ras-el-hanout** and cook for 1 minute before adding your **chicken**, **apricots**, **chopped tomatoes** and the rest of the **chicken stock pot**. Refill each tomato tin a quarter with **water** and add this in too. Season with a pinch of **salt** and a good grind of **black pepper** and bring to a gentle bubble. Stir everything together and leave to bubble away for 10 mins.

8 While your tagine is cooking, remove the shells and roughly chop the **pistachios**.

9 When everything is ready, fluff up your **couscous** with a fork and spoon into bowls, top with a portion of tagine and your turmeric roasted **cauliflower** and sprinkle over your **pistachios**. Enjoy!

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