

Chicken Tagine

with Cucumber and Parsley Couscous

hellóchef

Packed with flavour served with a refreshing and light couscous salad.

Cals 663 • Prot 59 • Carbs 91 • Fat 8

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🕒 cook: 40 min

R2775



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Chicken Tagine	2 ppl	3 ppl	4 ppl	
Chicken breast	400	500	600	Grams
Red onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Yellow pepper	1	2	2	Piece
Carrot	1	1	2	Piece
Green olives	50	75	100	Grams
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Coriander cumin powder	4	4	8	Grams
Paprika powder	2	2	4	Grams
Ginger powder	2	2	4	Grams
Ras el hanout	5	8	10	Grams
Cinnamon stick	1	1	2	Piece
Water	100	50	100	ML
Tomato passata	200	400	500	Grams
Brown sugar	5	8	10	Grams
Lemon	1	1	2	Piece
Golden raisins 14*	30	45	60	Grams
Black pepper	0.5	0.5	1	Tsp

Couscous				
Water	200	300	400	ML
Vegetable stock cube 15*	1	2	2	Piece
Couscous 10*, 11*	100	150	200	Grams
Cucumber	1	2	2	Piece
Olive oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp

To serve				
Fresh parsley	15	15	15	Grams

Allergens

*14 Sulphur Dioxide, *15 Celery, *10 Wheat, *11 Gluten

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2776 / 663
Fat (g)	8.4
of which saturates (g)	1.3
Carbohydrate (g)	91
of which sugars (g)	25.1
Fiber (g)	15
Protein (g)	58.7
Salt (g)	4

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep couscous

Boil the **measured water** and dissolve the {0.5/1/1} **vegetable stock cube** in it. Add the **couscous** to a bowl with the **vegetable stock** and cover with a plate for 10 min. After 10 min, fluff up with a fork and set aside.



4 Simmer

Add the **measured water, tomato passata, brown sugar**, the remaining **vegetable stock cube, peppers** and **carrots**. Reduce the heat to medium. Cover with a lid and simmer, stirring occasionally for 10 min. Meanwhile, slice the **lemon** into wedges. Add the **olives** and **golden raisins**. Simmer for 5 min further and remove from the heat. Season with **salt** and **pepper** and a squeeze of **lemon** juice to taste (reserve the rest for step 5).



2 Prep tagine

Peel and finely chop the **red onion**. Peel and mince the **garlic**. Deseed and finely slice the **yellow pepper**. Peel and slice the **carrot** into thin coins. Chop the **green olives** in half. Chop the **chicken** into bite-sized pieces.



5 Make couscous

Meanwhile, finely chop the **parsley** leaves. Finely chop the **cucumber** into cubes. Once the **couscous** is cooked, add the **cucumber** and half of the **parsley** (reserve the rest for garnish) to the bowl with the **couscous**. Add a drizzle of **olive oil**, season with **salt** and **pepper** and a squeeze of **lemon** juice to taste (reserve the rest for garnish).
Tip! If cooking for kids, set aside a portion of plain couscous, sliced cucumber and parsley to use as 'sprinkles'.



3 Start tagine

Heat a large pan over a medium-high heat with a drizzle of **oil**. Add the **chicken** and **onion** with a pinch of **salt** and fry for 5 min. Add the **garlic, coriander cumin, paprika, ginger powder, ras el hanout (spicy!)** and **cinnamon stick**. Fry for 1 min further.
Tip! If cooking for kids, leave out the ras el hanout and set aside a portion of cooked chicken before adding the spices.



6 Serve

Divide the **cucumber** and **parsley couscous** and the **chicken tagine** among plates. Garnish with the remaining **parsley** and **lemon wedges**.
Tip! If cooking for kids, serve the plain couscous, chicken, yellow peppers, carrots and cucumber separately. Serve the sauce, golden raisins and parsley as 'sprinkles' to the side.