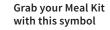


Slow-Cooked Chicken Tagine

with Dates, Garlicky Couscous & Lemon Yoghurt















Red Onion

Pitted Dates











Tomato Paste

Chermoula Spice Blend





Chicken-Style



Stock Powder

Couscous



Baby Spinach

Greek-Style Yoghurt



Flaked Almonds

Pantry items Olive Oil, Butter

Prep in: 20-30 mins Ready in: 60-70 mins



Pronounced 'tuh-jean', a tagine is a Moroccan earthenware pot with a cone-shaped lid. Chances are you won't have that on hand, so in this HelloFresh interpretation, we've baked the sweet and mildly spiced chicken and veggies in an ovenproof saucepan. Serve over couscous and with a tangy yoghurt to bring it all together. Don't forget the almond garnish for crunch!

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large ovenproof saucepan with a lid (or foil) · Medium saucepan with a lid

Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
carrot	1	2	
zucchini	1	2	
pitted dates	½ medium packet	1 medium packet	
red onion	1	2	
garlic	3 cloves	6 cloves	
lemon	1/2	1	
ras el hanout	1 medium sachet	1 large sachet	
chicken thigh	1 small packet	1 large packet	
tomato paste	1 packet	2 packets	
chermoula spice blend	1 medium sachet	1 large sachet	
water*	1 cup	2 cups	
chicken-style stock powder	1 large sachet	2 large sachets	
baby spinach leaves	1 small bag	1 medium bag	
butter*	20g	40g	
boiling water*	¾ cup	1½ cups	
couscous	1 medium packet	1 large packet	
Greek-style yoghurt	1 medium packet	1 large packet	
flaked almonds	1 medium packet	1 large packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2909kJ (695Cal)	490kJ (117Cal)
Protein (g)	48g	8.1g
Fat, total (g)	20.7g	3.5g
- saturated (g)	8.8g	1.5g
Carbohydrate (g)	73g	12.3g
- sugars (g)	34.3g	5.8g
Sodium (mg)	1881mg	317mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

Preheat oven to 200°C/180°C fan-forced. Cut carrot and zucchini into large chunks. Halve pitted dates (see ingredients). Cut red onion into wedges. Finely chop garlic. Zest lemon to get a generous pinch, then cut into wedges.



Sear the chicken

In a medium bowl, combine ras el hanout, a pinch of salt and pepper and a drizzle of olive oil. Add chicken thigh and toss to coat. In a large ovenproof saucepan, heat a drizzle of olive oil over high heat. When oil is hot, sear chicken thigh and onion, turning once, until slightly browned, 1-2 minutes each side. Reduce heat to medium, then stir in lemon zest, tomato paste, chermoula spice blend and 1/2 the garlic and cook until fragrant, 1 minute.



Make it saucy

Stir in carrot, zucchini, dates, the water and 1/2 the chicken-style stock powder. Season with salt and pepper.



Bake the tagine

Cover saucepan with a lid (or cover tightly with foil), then transfer to the oven. Bake until chicken is tender, **40-50 minutes**. Remove **tagine** from oven, then gently stir in **baby spinach leaves** until wilted.

TIP: If you don't have an ovenproof saucepan, transfer mixture to a baking dish instead! TIP: Add a splash of water if the tagine looks too thick



Cook the couscous

When the tagine has **10 minutes** remaining, boil the kettle. In a medium saucepan, melt the **butter** over medium-high heat. Cook remaining **garlic** until fragrant, **1 minute**. Add the **boiling water** (3/4 cup for 2 people / 1 1/2 cups for 4 people) and remaining **stock powder**. Add **couscous** and stir to combine. Cover with a lid and remove from heat. Set aside until the water is absorbed, **5 minutes**. Fluff up with fork.



Serve up

While the couscous is cooking, combine **Greek-style yoghurt** and a squeeze of lemon juice in a small bowl. Season to taste. Divide garlicky couscous between bowls. Top with chicken tagine. Sprinkle with **flaked almonds**. Serve with lemon yoghurt and any remaining lemon wedges.

Enjoy!

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