



Slow-Cooked Chicken Tagine

with Dates, Garlicky Couscous & Lemon Yoghurt

Grab your Meal Kit with this symbol



Carrot



Zucchini



Pitted Dates



Red Onion



Garlic



Lemon



Ras El Hanout



Chicken Thigh



Tomato Paste



Chermoula Spice Blend



Chicken-Style Stock Powder



Baby Spinach Leaves



Couscous



Greek-Style Yoghurt



Flaked Almonds

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

Eat Me Early

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!

Pantry items

Olive Oil, Butter

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

	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	½	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.



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.



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**.



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.



Make it saucy

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



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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