



Nicoise Chicken Stew

with aubergine, bell pepper and couscous

Calorie Smart Quick Cook 20-25 mins

12



Diced Chicken Breast



Aubergine



Couscous



Parsley



Chopped Tomato with Onion & Garlic



Vegetable Stock



Balsamic Glaze



Bell Pepper

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Pan with lid, pot with lid, Baking sheet with baking paper

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Aubergine	1 unit	2 units
Couscous	100 g	250 g
Parsley	5 g	10 g
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Vegetable Stock	1 sachet	2 sachets
Balsamic Glaze	2 sachets	4 sachets
Bell Pepper	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	601.5 g	100 g
Energy (kJ/kcal)	1991.6 kJ/ 476 kcal	331.1 kJ/ 79.1 kcal
Fat (g)	5.3 g	0.9 g
Sat. Fat (g)	1.5 g	0.2 g
Carbohydrate (g)	67 g	11.1 g
Sugars (g)	24.2 g	4 g
Protein (g)	39.7 g	6.6 g
Salt (g)	3.3 g	0.6 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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

Contact

Thumbs up or thumbs down?
Head online or use the app to rate this recipe.

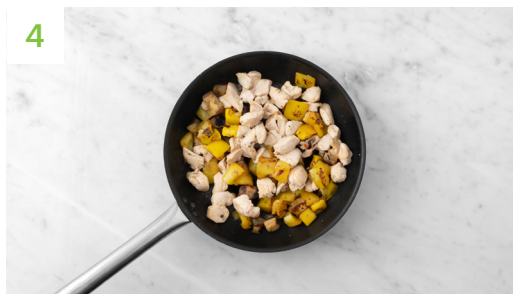


You can recycle me!



Roast the Aubergine

- Preheat the oven to 220°C/200°C fan/gas mark 7.
- Trim and chop the **aubergine** into 2cm pieces. Pop the pieces onto a large (lined) baking tray.
- Drizzle with **oil** and season with **salt** and **pepper**.
- Toss to coat, then arrange in a single layer.
- Roast the **aubergine** until golden brown and soft, 20-25 mins. Turn halfway through.



Add the Chicken

- Add the **chicken** to the pan and season with **salt** and **pepper**.
- Fry until **chicken** is golden brown on the outside, 5-6 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to vacuum packing we use to keep it fresh.



Make the Couscous

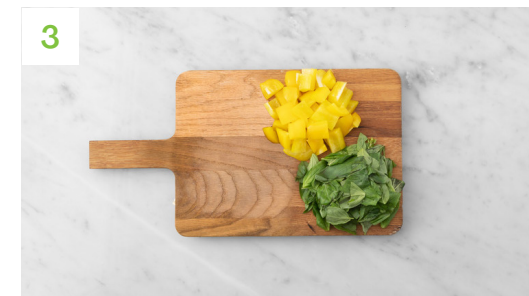
- Meanwhile, add 200ml **water** (500ml for 4p) and **stock powder** to a pot and bring to the boil.
- When boiling, remove from the heat, stir in the **couscous** and pop a lid on the pot.
- Leave aside for 8-10 mins or until ready to serve.

TIP: If you're in a hurry you can boil the water in your kettle.



Simmer the Stew

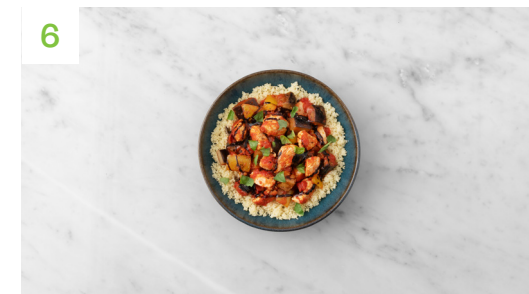
- Reduce the heat to medium-high.
- Add the **chopped tomato** and **half** the **parsley** to the pan.
- Cover and simmer until **chicken** is cooked through, 8-10 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Season to taste with **salt**, **pepper** and **sugar**, adding a splash of **water** to loosen the sauce if necessary.
- Once cooked, stir through the roasted **aubergine**.



Char the Veg

- While the **couscous** cooks, halve the **bell pepper** and discard the core and seeds. Chop into 2cm chunks.
- Roughly chop the **parsley** (stalks and all).
- Place a large pan over high heat with a drizzle of **oil**.
- Once hot, fry the **pepper** until charred, 5-6 mins. Season with **salt** and **pepper**.

TIP: By stirring only every so often you'll allow the pepper to pick up a nice colour.



Garnish and Serve

- Serve the **chicken** stew on a bed of fluffy **couscous**.
- Drizzle over a little **balsamic glaze**.
- Finish with a sprinkling of **parsley** and a sprinkling of **pepper**.

Enjoy!