



Middle Eastern Chicken

with wilted spinach lentils and yoghurt drizzle

Calorie Smart Quick Cook 20-25 mins • Spicy

12



Diced Chicken Breast



Baby Spinach



Harissa Paste



Honey



Yoghurt



Chicken Stock



Tomato Paste



Onion



Lentils



Couscous

Pantry Items: Oil, Salt, Pepper, Sugar, Water

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

Sieve

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Baby Spinach	60 g	120 g
Harissa Paste	1 sachet	2 sachets
Honey	1 sachet	2 sachets
Yoghurt	75 g	150 g
Chicken Stock	1 sachet	2 sachets
Tomato Paste	1 tin	2 tins
Onion	½ unit	1 unit
Lentils	1 pack	2 packs
Couscous	100 g	250 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	531 g	100 g
Energy (kJ/kcal)	2656 kJ/ 635 kcal	500 kJ/ 120 kcal
Fat (g)	9.7 g	1.8 g
Sat. Fat (g)	2.4 g	0.5 g
Carbohydrate (g)	74.6 g	14.2 g
Sugars (g)	31.6 g	6 g
Protein (g)	55.6 g	10.5 g
Salt (g)	4.5 g	0.9 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?
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Prep Your Veg

- Halve and peel the **onion**. Chop **half** into small pieces (double for 4p).
- Roughly chop the **spinach**.
- Drain and rinse the **lentils** in a sieve.



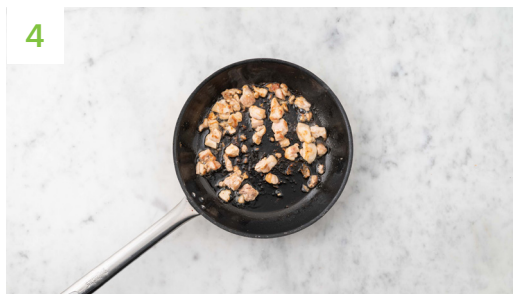
Make the Couscous

- Dilute the **chicken stock powder** with 200ml boiling **water** (500ml for 4p).
- Add the **couscous** to a bowl.
- Pour in the **stock**, cover tightly with a plate or cling film and leave aside for 10 mins or until ready to serve.



Fry the Onion

- Meanwhile, place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the chopped **onion** until softened, stirring occasionally, 3-4 mins.



Cook the Chicken

- Add the **chicken** to the pan. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.
- Season with **salt** and **pepper** then fry until golden brown on the outside, 3-4 mins.

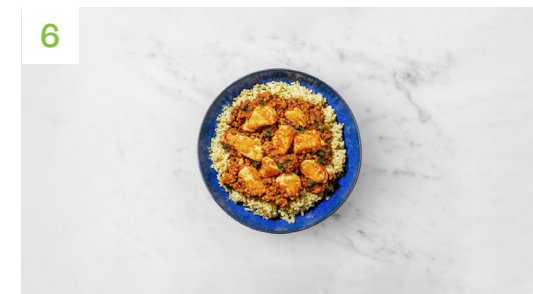
TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging used to keep it fresh. It will still taste delicious once cooked!



Add Some Spice

- Add the **harissa**, **tomato paste**, **lentils** and 150ml **water** (double for 4p).
- Season with **salt**, **pepper** and ½ tsp **sugar** (double for 4p).
- Simmer until thickened, 8-10 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Add the **spinach** and mix until wilted, 1-2 mins.

TIP: Loosen the stew with a splash of water if you feel it's too thick.



Finish and Serve

- Stir the **honey** through the **lentils** then season to taste with **salt**, **pepper** and **sugar**.
- Divide the **couscous** between bowls.
- Spoon over **chicken** and **lentils**.
- Top with a drizzle of **yoghurt**.

Enjoy!