



Middle Eastern Chicken

with wilted spinach lentils and pine nut couscous

Calorie Smart Quick Cook 20-25 mins • Spicy

12



Diced Chicken Breast



Baby Spinach



Harissa Paste



Garam Masala



Pine Nuts



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
Garam Masala	1 sachet	2 sachets
Pine Nuts	10 g	20 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	477 g	100 g
Energy (kJ/kcal)	2573.2 kJ/ 629 kcal	539.4 kJ/ 128.9 kcal
Fat (g)	11.1 g	2.3 g
Sat. Fat (g)	1.9 g	0.4 g
Carbohydrate (g)	70.4 g	14.2 g
Sugars (g)	26.1 g	4.9 g
Protein (g)	54.8 g	11.5 g
Salt (g)	4.4 g	0.9 g

Nutrition for uncooked ingredients based on 2 person recipe.

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!



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.



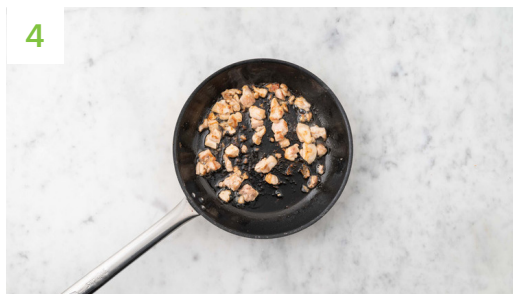
Make the Couscous

- Dilute the **stock powder** in 200ml boiling **water** (500ml for 4p).
- Add the **couscous** to a bowl.
- Pour the **stock** into the bowl, cover 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 **onion** until softened stirring occasionally, 3-4 mins.



Cook the Chicken

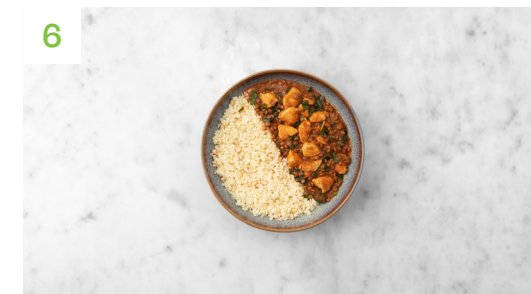
- Add the **chicken** to the pan. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging. Chicken is cooked when no longer pink in the middle.
- Season with **salt** and **pepper** then fry until golden brown, 3-4 mins.

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



Add Some Spice

- Add the **harissa**, **garam masala**, **tomato paste**, **lentils** and 150ml **water** (double for 4p). Simmer until thickened 8-10 mins.
- Stir through the **spinach** for 1-2 mins to wilt. Season to taste with **salt**, **pepper** and **sugar**.



Finish and Serve

- Loosen the stew with a splash of **water** if it's too thick.
- Fluff up the **couscous** with a fork and stir through **pine nuts**.
- Divide the **couscous** between bowls.
- Serve the **chicken** and **lentils** alongside.

Enjoy!