



NORTH AFRICAN CHICKEN AND VEGGIES TAJIN

A delicious and hearty chicken stew with Moroccan flavors.

Nutrition Facts Per 100 grams of Chicken: Calories 210, Protein 22g, Carbs 14g, Fat 8g

Cooking process and additional ingredients added at home will affect the total value.

Preparation Time: 10 min, **Cooking Time:** 50 min



INGREDIENTS

Marinated Chicken

Zucchini

Pumpkin, Carrot

Onion, Spring Onion

Garlic

Olive Oil, Organic Broth,

Ras El Hanoot Spice, Parsley

Fine Couscous

METHOD

1. Dissolve each broth cube in 250 ml water.
2. Place a large pot over medium heat, add olive oil and swirl to coat. When just hot carefully add chicken skin down. Brown on one side (2-3 minutes) then turn on the other side and repeat. Be careful not to stick. Remove chicken to a plate retaining most of the oil in pot.
3. Add onions and cook with a pinch of salt until it starts to golden, add garlic, vegetables, a pinch of salt and half the spices. Toss to coat.
4. Add half the broth (retain other half for couscous) and bring to gentle boil. Return chicken to pot and stir gently to mix. Reduce heat to low, cover and cook for 45 minutes or until veggies are tender and chicken is cooked through.
5. Add lemon juice and adjust salt to taste, mix gently, transfer to serving dish & sprinkle parsley. Serve with couscous.

Flavored Couscous

1. Make sure retained broth measures as needed (1 cup of liquid for every cup of couscous), if not top with some water.
2. Place pot over med heat, when hot add olive oil & swirl to heat.
3. Add onions with a dash of salt & sauté until it starts to golden.
4. Add carrots with a dash of salt & cook for 30 secs or until softened.
5. Add broth, remaining spices, salt, parsley & spring onion, stir to combine.
6. Increase heat to high & bring to boil then immediately add couscous & stir quickly to combine well.
7. Cover, switch off the heat. Stand for 5 minutes, fluff with fork & serve with the tajin.