

MOROCCAN CHICKEN COUSCOUS WITH HARISSA, APRICOTS AND CHICKPEAS

FAST. EASY. FRESH.

- Lo Start by putting a medium pot of water on to boil. Then, chop your carrots into ¼-inch half-moon pieces and add these to your boiling water. Cook for 4-5 minutes until tender, then reserve 2 cups of water, before draining and setting aside.
- 3. Meanwhile, heat a large pan over medium-high heat. Add 2 Tbsp. olive oil, and then your chicken. Season with salt and pepper and cook, stirring frequently, until cooked through; about 4-5 minutes. Transfer to a plate with a slotted spoon.
- 5. Add your couscous, chickpeas, apricots, and zest of one lemon to the pan. Then add the carrots and reserved cooking water; stir to combine. Add the chicken and any accumulated juices. Cover the pan, and let stand for about 5-10 minutes, or until the water has been absorbed.

- 2. Next, get everything else ready before you start cooking. Peel your onion and finely chop it. Cut your chicken into small, bite-sized pieces. Drain and rinse your chickpeas. Finely dice the apricots. In a small bowl, whisk together the harissa, peeled and minced garlic, and 4 Tbsp. olive oil. Set aside.
- 4. Next, add your **onions** to the same pan with ½ tsp. salt and cook, stirring occasionally, until lightly browned; about 6 minutes. Stir in the **Moroccan Spices** (cumin, cinnamon, and ginger) then remove from heat.
- **6.** To finish stir in the **lemon juice** from both lemons and the **harissa mixture**. Taste, and season with **salt** and **pepper** as desired. Spoon into dishes and enjoy!



Ingredients (4 Person Serving- 1,020 Calories Per Serving)

Carrots 4
Olive Oil 6 Tbsp.
Chicken Breast 600 g
Yellow Onion 1
Minced Ginger 40 g
Ground Cumin 1 tsp.
Ground Cinnamon 2 tsp.

Couscous
Chickpeas
Dried Apricots
Lemons
Harissa Spice
Garlic
Salt and Pepper

1 540 ml Can 250 g 2 4 tsp. 2 Cloves To Taste

1 ½ Cups

Minute Cook
Time!