



PORTUGUESE STYLE CHICKEN

with Roasted Red Pepper, Couscous and Minty Yogurt Dip



HELLO PAPIKA

Paprika can be used as a natural hair dye!



Olive Oil



Honey



Red Wine Vinegar



Garlic Salt



Smoked Paprika



Chicken Thigh



Red Pepper



Water



Chicken Stock Pot



Couscous



Garlic Clove



Mint



Greek Yoghurt



Cucumber



Lemon

MEAL BAG

30 mins

2 of your 5 a day

On the table in thirty minutes, packed with deliciously fresh and earthy flavours, and requiring minimal prep and washing up, our Portuguese style chicken makes a great midweek recipe. Cooking the peppers under the chicken thighs not only gives them an extra delicious flavour, but it also means you only have 1 baking tray to wash up. Winner winner, chicken dinner.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Mixing Bowl**, **Baking Tray**, **Measuring Jug**, **Large Saucepan** (with a **Lid**) and **Fine Grater**. Now, let's get cooking!



1 MARINATE THE CHICKEN

Preheat your oven to 200°C. Add the **olive oil**, (amount specified in the ingredient list) **honey**, **red wine vinegar**, **garlic salt**, **smoked paprika** and a pinch of **salt** and **pepper** to a mixing bowl. Add the **chicken thighs**. Mix well and massage the flavours into the **chicken**. Keep to one side. **★ TIP:** Remember to wash your hands after handling raw meat!



2 PREP THE PEPPER

Halve, then remove the core from the **red pepper** and chop into 2cm chunks. Lay these in a single layer on a baking tray and lay the **chicken thighs** flat on top. Drizzle over any remaining marinade. Roast on the top shelf of your oven until the **chicken** is cooked through and charred at the edges, 20-25 mins (if the pepper is charred, that's fine - extra flavour!). **★ TIP:** The chicken is cooked when it is no longer pink in the middle.



3 COOK THE COUSCOUS

Meanwhile, boil the **water** (amount specified in the ingredient list) in a large saucepan over high heat. Add the **chicken stock pot** and stir to dissolve. Remove from the heat and add the **couscous** and the **olive oil** (amount specified in the ingredient list). Cover with a lid or plate and leave to one side for 10-12 mins. The couscous will absorb the stock.



4 TIME FOR THE YOGHURT

While everything cooks, peel and grate the **garlic** (or use a garlic press). Pick the **mint leaves** from their stalks and finely chop (discard the **stalks**). Mix the **garlic** and half the **mint** into the **Greek yoghurt** in a bowl and season with a pinch of **salt**. Keep to one side. **★ TIP:** If you're not keen on raw garlic, just add a tiny bit, or none at all!



5 FINISH THE COUSCOUS

Remove the top and bottom from the **cucumber** and slice into thin strips lengthways, then chop into small 1cm chunks. Zest the **lemon**, then cut into wedges. Fluff up the **couscous** with a fork and then stir in the **cucumber** and the remaining **mint** and **lemon zest**. Taste and season well with **salt**, **pepper** and **lemon juice** if necessary.



6 SERVE

When the **chicken** is cooked, transfer to a chopping board. Slice the **chicken** into 1cm strips. Share the **couscous** between your bowls, top with the **pepper** and then the **chicken**. Drizzle on some of the **juices** from the baking tray and finish with a dollop of the **minty yoghurt** and some **lemon wedges**, for anyone that likes things extra zingy! **Enjoy!**

2 PEOPLE INGREDIENTS

Olive Oil for the Chicken*	1 tbsp
Honey	½ tbsp
Red Wine Vinegar 14)	½ tbsp
Garlic Salt	¼ tsp
Smoked Paprika	1½ tsp
Chicken Thigh	4
Red Pepper, chopped	1
Water *	300ml
Chicken Stock Pot	½
Couscous 13)	150g
Olive Oil for the Couscous *	1 tbsp
Garlic Clove, grated	1
Mint, chopped	1 bunch
Greek Yoghurt 7)	1 pot
Cucumber, chopped	½
Lemon	½

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	905	151
(kJ)	3805	634
Fat (g)	40	7
Sat. Fat (g)	12	2
Carbohydrate (g)	70	12
Sugars (g)	18	3
Protein (g)	67	11
Salt (g)	1.95	0.32

ALLERGENS

7) Milk 13) Gluten 14) Sulphites

Chicken Stock Pot: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract

👍 THUMBS UP OR THUMBS DOWN?

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