



10

Chicken and Chickpea Tagine-Style Stew with Flaked Almonds and Couscous

Rapid 20 Minutes • Little Spice • 2 of your 5 a day



Flaked Almonds



Diced Chicken Thigh



Couscous



Chicken Stock Powder



Red Onion



Garlic Clove



Green Chilli



Dried Apricots



Chickpeas



Tagine Paste



Baby Spinach



Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Frying Pan, Small Bowl, Measuring Jug, Saucenpan with Lid, Chopping Board, Fine Grater (or Garlic Press) and Sieve.

Ingredients

	2P	3P	4P
Flaked Almonds 2)	1 small sachet	1 large sachet	1 large sachet
Diced Chicken Thigh**	210g	350g	420g
Boiling Water for the Couscous*	240ml	360ml	480ml
Couscous 13)	120g	180g	240g
Chicken Stock Powder	2 sachets	3 sachets	4 sachets
Red Onion**	1	1	2
Garlic Clove**	2 cloves	3 cloves	4 cloves
Green Chilli	½	1	1
Dried Apricots 14)	1 sachet	1 sachet	2 sachets
Chickpeas	½ carton	1 carton	1 carton
Tagine Paste	1 small sachet	1 large sachet	2 small sachets
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	150ml	225ml	300ml
Baby Spinach**	1 small bag	1 large bag	1 large bag

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	442g	100g
Energy (kJ/kcal)	3215 /769	727 /174
Fat (g)	25	6
Sat. Fat (g)	4	1
Carbohydrate (g)	87	20
Sugars (g)	22	5
Protein (g)	43	10
Salt (g)	2.52	0.57

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Get Prepped

- Fill and boil your kettle.
- Heat a large frying pan over medium heat (no oil).
- Once hot, add the **flaked almonds** and cook, stirring regularly, until lightly toasted, 1-2 mins. **TIP:** Watch them like a hawk as they can burn easily.
- Transfer the **almonds** to a small bowl and set aside.



Finish the Prep

- Meanwhile, halve, peel and thinly slice the **red onion**.
- Peel and grate the **garlic** (or use a garlic press).
- Thinly slice the **chilli**.
- Roughly chop the **apricots**.
- Drain and rinse the **chickpeas** in a sieve.
- Once the chicken is browned, add the **onion** to the pan with the **chicken**, stir together and cook until softened, 4-5 mins.



Cook the Chicken

- Pop your frying pan back on medium-high heat and add a drizzle of **oil**.
- Once the **oil** is hot, add the **chicken** to the pan and season with **salt** and **pepper**.
- Stir-fry until golden brown on the outside, 4-5 mins.



Simmer

- Stir the **tagine paste**, **dried apricots**, **garlic**, **half the chilli** (or less if you don't like heat!) and the **sugar** (see ingredients for amount) into the **chicken** and **onion**. Stir and cook for 1 minute, then pour in the **water** (see ingredients for amount) and add the remaining **stock powder**.
- Stir in the **chickpeas**, season with **salt** and **pepper**.
- Bring to the boil then reduce the heat to medium and simmer until the sauce has reduced slightly and the **chicken** is cooked, 4-5 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Couscous Time

- Meanwhile, pour the **boiling water** for the **couscous** (see ingredients for amount) into a **saucepans** and bring to the boil.
- When boiling, remove from the heat, stir in the **couscous** and **half the stock powder**.
- Pop a lid on the pan and leave to the side for 8-10 mins or until ready to serve.



Finish and Serve

- Once cooked, stir the **spinach** into the **sauce** a handful at a time until wilted, 2-3 mins.
- Taste the **tagine** and add **salt** and **pepper** if you feel it needs it.
- Fluff up the **couscous** with a fork and spoon into bowls.
- Serve the **tagine** on top of the **couscous** and sprinkle over the **flaked almonds** and remaining **chilli**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.