



Cooking Made Easy

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## Moroccan Chicken with Citrus Couscous and Green Beans

Taking the warming Arabic flavours of cinnamon and cumin and mixing them with lemon zest and apricot, this dish is as healthy as it is tasty. With tomatoes and beans you'll also be getting 2 of your 5 a day, so it's a perfect nutritional boost for a day in the desert, or a night with your feet up.

25 min

lactose free



Green Beans



Chicken Thighs



Dried Apricots



Lemon



Couscous



Chicken Stock Pot



Honey



Cinnamon



Cumin



Organic Chopped Tomatoes

Ingredients	2P	4P
Green Beans	100g	200g
Chicken Thighs	3	6
Dried Apricots, chopped <b>1</b>	3	6
Lemon	½	1
Couscous <b>2</b>	½ cup	1 cup
Chicken Stock	1 pot	2 pots
Honey	1 tbsp	2 tbsp
Cinnamon	½ tsp	1 tsp
Cumin	½ tsp	1 tsp
Organic Chopped Tomatoes	1 tin	2 tins

⊕ May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

### Allergens

1) Sulphites | 2) Gluten

**Nutrition per serving:** Calories: 545 kcal | Protein: 35 g | Carbs: 95 g | Fat: 5 g | Saturated Fat: 1 g



**1** First off, boil 250ml of water for your couscous. Cut the very tops and bottoms from your green beans (aka ‘top and tail’ them) and then cut each chicken thigh into equal sized strips. Lastly, chop up your apricots into tiny pieces.



**2** Next up, zest a ¼ of a tsp of lemon zest and squeeze out the juice of half a lemon into a bowl. **Tip:** When you zest the lemon use a fine grater (or preferably a ‘zester’) and don’t zest down to the bitter white part. **Tip:** To juice the lemon simply cut it in half, stick a fork inside and squeeeeeze.



**3** Put your couscous in a bowl and pour in the 250ml of boiling water together with half the stock pot, half the lemon juice, half the lemon zest and a ¼ tsp of salt. Cover the bowl immediately with a lid (or some clingfilm) and leave it to soak for at least 10 minutes.



**4** Heat 1 tbsp of olive oil in a non-stick pan on medium heat. Cook the chicken thighs with a pinch of salt for around 4 mins, until they’re browned off. Next, add the honey for a minute. If you only have a small pan, cook in batches rather than overcrowding it.

**5** Add in the cinnamon, cumin, tinned tomatoes, ½ tsp of sugar (if you have some), the remaining stock pot and the remaining lemon zest and juice. Give everything a stir and then add in the beans and apricots. Cook, uncovered, on medium heat for about 8 minutes or until the beans are tender. **Tip:** If you don’t want the recipe to be too sweet, leave out the sugar. The apricots will already give a hint of sweetness to it.

**6** Briefly consider taking part in a camel race.

**7** To serve, simply fluff up your couscous with a fork and top it with your chicken mix. Yalla!