

Harissa roast chicken with couscous stuffing

- Dairy-free
- Egg-free
- Gluten-free
- Lactose-free
- Peanut-free
- Nut-free
- Sesame-free
- Soy-free
- Wheat-free
- Shellfish-free
- Seafood-free

We made this harissa roast chicken with couscous stuffing in the MasterChef Roaster. It's part of the MasterChef Cookware range from Coles.

- Serves 6
- Cooktime 2 hr 10 mins 2 hour 10 minutes
- Prep time 20 mins

Ingredients

- 30g butter
- 1/2 red onion, finely chopped
- 2 garlic cloves, crushed
- 2 tsp ground cumin
- 1 cup (250ml) salt-reduced chicken stock
- 1 cup (200g) couscous
- 1/4 cup (40g) dried currants
- 1/4 cup chopped coriander
- 2.5kg Coles RSPCA Approved Whole Chicken
- 1 tbs harissa paste or harissa seasoning
- 1 tbs olive oil

Carrot salad

- 4 carrots, peeled, cut into matchsticks
- 1/4 cup (40g) dried currants
- 60g pkt Coles Australian Baby Rocket
- 1/4 cup (60ml) honey-mustard dressing

Nutritional information

Per serve: Energy: 3683kJ/881 Cals (42%), Protein: 49g (98%), Fat: 56g (80%), Sat Fat: 18g (75%), Sodium: 429mg (21%), Carb: 43g (14%), Sugar: 18g (20%), Dietary Fibre: 6g (20%).

Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).

Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

Method

1. Step 1

Preheat oven to 200°C. Place a wire rack over a roasting pan. Melt the butter in a frying pan over medium heat. Add the onion and cook, stirring, for 3 mins or until soft. Add the garlic and cumin and cook, stirring, for 30 secs or until aromatic. Add stock and bring to the boil.

2. Step 2

Place couscous in a heatproof bowl. Stir in onion mixture. Cover and set aside for 5 mins or until liquid is absorbed. Use a fork to separate grains. Add currants and coriander and toss to combine.

3. Step 3

Pat chicken dry with paper towel. Spoon the couscous mixture into the cavity, reserving any extra mixture. Use kitchen string to tie legs together. Place on the rack.

4. Step 4

Combine the harissa and oil in a bowl. Brush all over the chicken. Roast for 20 mins. Reduce oven to 180°C and roast for a further 1 hour 40 mins or until juices run clear when the thickest part of thighs are pierced with a skewer. Transfer to a serving platter. Cover with foil and set aside for 15 mins to rest.

5. Step 5

To make the carrot salad, toss the carrot, currants, rocket and dressing in a serving bowl to combine.