

L 2 people: 35 min
4 people: 45 min

Moroccan-Style Chicken, Apricot & Lemon Tagine



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our kitchen bangers

Ingredients for 2 **[Double for 4 people]**:



1 lemon



1 brown onion



2 tomatoes



2 garlic cloves



10g parsley



2 British chicken
breast portions



1 tsp ras el
hanout



1 sweet pointed
pepper



15g flaked
almonds **A8**



30g diced apricots
A12



120g couscous
A1



1/2 tsp dried chilli
flakes



15g fresh root
ginger



11g chicken stock
mix

Allergens: A1: gluten, A8: nut, A12: sulphites

You need: olive oil, salt

Special equipment: none

Remember to wash your fresh fruit, herbs and vegetables!
See your delivery email for dates and other details.



Nutritional info

(per person, supplied ingredients only, pre-cooking)

Calories	Fat	Sat fat	Carbs
514kcal	8g	1g	66g
Sugar	Fibre	Protein	Salt
19g	7g	43g	1g



3 of your 5-a-day



Dairy-free
See our FAQs for details.

1



Instructions for 2 [for 4]

Before you start cooking, take your **chicken** out of the fridge, open the packet and let it air

Boil a kettle

Add the **couscous** to a heatproof bowl with 200ml [400ml] **boiled water**, cover and set aside

2



Heat a large, dry, wide-based pan (preferably non-stick) over a medium heat

Once hot, add the **flaked almonds** and cook for 2-3 min or until toasted and lightly golden, then set them aside and reserve the pan

Tip: Watch them like a hawk so they don't burn!

3



Peel and finely slice the **brown onion[s]**

Peel and finely chop (or grate) the **garlic**

Peel (scrape the skin off with a teaspoon) and finely chop (or grate) the **ginger**

4



Return the reserved pan to a medium-high heat with a generous drizzle of **olive oil**

Once hot, add the **sliced onion** with a pinch of **salt** to the pan and cook for 4-5 min or until softened

Reboil half a kettle

5



Meanwhile, roughly chop the **tomatoes**

Slice the **sweet pointed pepper[s]** into rounds

Dissolve the **chicken stock mix** in 200ml [300ml] **boiled water**

Slice the **chicken breast portions** into strips



6



Once the onion has softened, add the **ras el hanout**, **chilli flakes** (can't handle the heat? Go easy!), **chopped ginger** and **garlic**, **diced apricots** and a pinch of **salt** and cook for 2 min or until the garlic has softened

Once softened, add the **chicken breast strips** and cook for a further 3-4 min

Add the **chopped tomatoes**, **pepper rounds**, **chicken stock** and the juice of 1/2 [1] **lemon** and cook, covered, for 8-10 min or until the chicken is cooked through (no pink meat) – this is your **Moroccan-style chicken, apricot & lemon tagine**

7



Whilst the tagine is cooking, chop the **parsley** finely, including the stalks

Fluff the **couscous** with a fork and add the juice of the **remaining lemon**

Add a drizzle of **olive oil** with a pinch of **salt** and **half the chopped parsley** and mix everything together – this is your **herby couscous**

Stir the **remaining chopped parsley** through the **Moroccan-style chicken, apricot & lemon tagine**

8



Serve the **Moroccan-style chicken, apricot & lemon tagine** with the **herby couscous** to the side

Garnish with the **toasted flaked almonds**

Enjoy!