

Moroccan Chicken

Moroccan Chicken with Couscous

Prep Time ~ 20 mins	Cooking Time ~ 40 mins
Approx Cost ~ £8	Difficulty ~ Easy
Freeze ~ No	Serves ~ 4-6

Tips ~ You could use boneless chicken breast, cut into bite size pieces in place of the chicken thighs if you prefer.

Ingredients

1 tablespoon olive oil

8 chicken thighs, bone in and skinned

8 spring onions, sliced, keeping white and green parts separate

2 cloves garlic, crushed

1 large red pepper, deseeded and thinly sliced

1 - 2 tablespoons ground cumin

300ml / 10floz chicken stock

300ml / 10floz white wine

2 teaspoons runny honey

Juice ½ lemon

Salt and pepper

175g 6oz couscous

Method

- Heat the oil in a large non-stick frying pan over a high heat and brown the thighs all over until golden brown (you may need to do this in 2 batches). Set aside.
- Add the white parts of the spring onion, the garlic and red pepper to the same pan and fry over a high heat for about a minute.
- Sprinkle in the cumin, and then blend in the stock, wine, honey and lemon juice. Season with salt and pepper and stir over a high heat for a minute until it boils.
- Return the chicken to the pan, bring back to the boil, cover with a lid and simmer over a low heat for about 30 minutes until the chicken is tender.
- About 5 minutes before the end of cooking time, add the couscous to the frying pan and continue to cook, uncovered for a further 5 - 7 minutes, stirring occasionally until the couscous puffs up and is cooked and moist

of the liquid is absorbed.

- Stir in the green parts of the spring onions and serve hot.

The couscous in this dish does not reheat well. To prepare it ahead (or freeze), make the casserole and set aside (or freeze). To serve (defrost thoroughly if necessary), bring back to the boil, stir in the couscous and continue as above.