



# UCCOOK

## Almond Couscous & Pomegranate Chicken

with roasted butternut & harissa paste

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

**Fan Faves:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Nitida | Sauvignon Blanc

### Nutritional Info

	Per 100g	Per Portion
Energy	545kj	3237kj
Energy	130kcal	774kcal
Protein	8.8g	52.3g
Carbs	15g	88g
of which sugars	4.2g	24.7g
Fibre	2.4g	14g
Fat	3.2g	19.1g
of which saturated	0.4g	2.1g
Sodium	224mg	1332mg

**Allergens:** Cow's Milk, Gluten, Allium, Wheat, Sulphites, Tree Nuts

**Spice Level:** Mild

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Butternut Chunks <i>cut into small chunks</i>
5ml	10ml	NOMU Moroccan Rub
75ml	150ml	Couscous
20g	40g	Almond Nut Mix
150g	300g	Free-range Chicken Mini Fillets
7,5ml	15ml	Chicken Stock
1	1	Onion <i>peel &amp; finely slice ½ [1]</i>
20ml	40ml	Pesto Princess Harissa Paste
50ml	100ml	Pomegranate Juice
20g	40g	Pomegranate Gems
3g	5g	Fresh Mint <i>rinse, pick &amp; roughly tear</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Sugar/Sweetener/Honey  
Paper Towel  
Butter

**1. ROAST** Preheat the oven to 200°C. Spread the butternut pieces on a roasting tray. Coat in oil, the NOMU rub, and season. Roast in the hot oven until golden, 15-20 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

**2. COUSCOUS** Boil the kettle. Place the couscous in a bowl with 75ml [150ml] of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

**3. TOAST** Place the almond nut mix in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**4. GOLDEN CHICKEN** Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden but not cooked through, 1-2 minutes per side. You may need to do this step in batches. Remove from the pan.

**5. POM CHICKEN** Dilute the stock with 100ml [200ml] of boiling water. Return the pan to medium-high heat with a drizzle of oil, if necessary, and a knob of butter. Fry the onion until soft and lightly golden, 4-5 minutes. Mix in the harissa paste and fry until fragrant, 1-2 minutes. Add the stock, the pomegranate juice, and 10ml [20ml] of sweetener. Simmer until reduced and slightly thickening, 6-8 minutes. In the final 1-2 minutes, add the chicken, and simmer until the chicken is cooked through. Remove from the heat and season.

**6. JUST BEFORE SERVING** In a bowl, combine the cooked couscous, the butternut and the nuts.

**7. DINNER IS READY** Dish up the loaded couscous, side with the pomegranate chicken, scatter over the pomegranates, and garnish with the fresh mint. Well done, Chef!