



UCCOOK

Almond Couscous & Pomegranate Chicken

with roasted butternut & harissa paste

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Fan Faves: Serves 3 & 4

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 3 | [Serves 4] | |
|----------|------------|---|
| 300g | 400g | Butternut Chunks <i>cut into small chunks</i> |
| 15ml | 20ml | NOMU Moroccan Rub |
| 225ml | 300ml | Couscous |
| 60g | 80g | Almond Nut Mix |
| 450g | 600g | Free-range Chicken Mini Fillets |
| 22,5ml | 30ml | Chicken Stock |
| 2 | 2 | Onions <i>peel & finely slice 1½ [2]</i> |
| 60ml | 80ml | Pesto Princess Harissa Paste |
| 150ml | 200ml | Pomegranate Juice |
| 60g | 80g | Pomegranate Gems |
| 8g | 10g | Fresh Mint <i>rinse, pick & 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, 20-25 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 225ml [300ml] 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 300ml [400ml] 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, 5-6 minutes. Mix in the harissa paste and fry until fragrant, 1-2 minutes. Add the stock, the pomegranate juice, and 30ml [40ml] of sweetener. Simmer until reduced and slightly thickening, 10-12 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!