



Chicken and Butternut Squash Tagine

with couscous and sprinkled almonds

Calorie Smart 20 – 25 mins • Eat me first • Spicy

20



Diced Butternut Squash



Diced Chicken Breast



Passata



Onion



Ginger



Garlic



Harissa Paste



Couscous



Almonds



Cranberry Chutney



Chicken Stock

Pantry Items: Salt, Pepper, Oil, Water, Butter, Sugar



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Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, grater, pan with lid

Ingredients

	2P	4P
Diced Butternut Squash	1 unit	2 units
Diced Chicken Breast	260 g	520 g
Passata	1 pack	2 packs
Onion	1 unit	2 units
Ginger	1 unit	2 units
Garlic	1 unit	2 units
Harissa Paste	1 sachet	2 sachets
Couscous	100 g	250 g
Almonds	15 g	30 g
Cranberry Chutney	1 sachet	2 sachets
Chicken Stock	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	547.5 g	100 g
Energy (kJ/kcal)	2456 kJ/ 587 kcal	448.6 kJ/ 107.2 kcal
Fat (g)	12.1 g	2.2 g
Sat. Fat (g)	1.8 g	0.3 g
Carbohydrate (g)	75 g	13.7 g
Sugars (g)	23.8 g	4.3 g
Protein (g)	40 g	7.3 g
Salt (g)	2.2 g	0.4 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients.

Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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Roast the Butternut

- Preheat the oven to 240°C/220°C fan/gas mark 9.
- Pop the **butternut squash** onto a large (lined) baking tray.
- Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until golden and tender, 18-20 mins. Turn halfway through.

TIP: Use two baking trays if necessary.



Time to Fry

- Return the pan to medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion** and **chicken**. Season with **salt** and **pepper**.
- Fry until **chicken** is golden brown on the outside, 5-6 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.
- Add the **ginger** and **garlic** and fry until fragrant, 30 secs.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh.



Make the Couscous

- Add the **couscous** and **half** the **stock** to a bowl.
- Pour in 200ml boiling **water** (500ml for 4p) and mix well to combine.
- Cover with a plate or cling film and leave aside for 10 mins (or until ready to serve).

TIP: If you're in a hurry you can boil the water in your kettle.



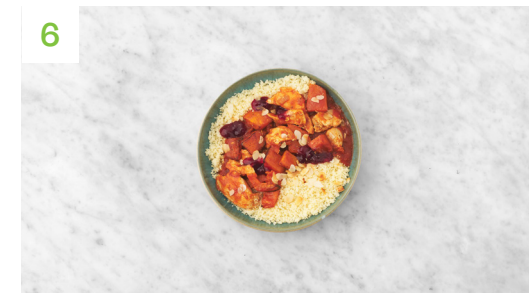
Simmer the Sauce

- Pour in the **passata**, remaining **stock**, 50ml **water** and ½ tsp **sugar** (double both for 4p).
- Cover and simmer for 4-5 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Stir through a knob of **butter**, the **harissa paste** and roasted **butternut squash**.
- Add a splash of **water** to loosen the sauce if necessary. Season to taste with **salt** and **pepper**.



Prep the Veg

- Meanwhile, place a large pan over medium heat (without oil).
- Once hot, dry-fry the **almonds** until lightly toasted, stirring regularly, 3-4 mins. Remove from the pan and set aside.
- Halve, peel and chop the **onion** into small pieces.
- Peel and grate the **garlic** (or use a garlic press).
- Peel and grate the **ginger**. Use a teaspoon to easily scrape away the peel.



Finish and Serve

- Fluff up the **couscous** with a fork and divide between bowls.
- Top with the **chicken** and **butternut squash** tagine.
- Finish with a sprinkling of toasted **almonds** and a drizzle of **cranberry chutney**.

Enjoy!