



Moroccan Chicken with Couscous

Equipment

- Knife
- Chopping boards
- Scales
- Vegetable peeler
- Measuring jug
- Measuring spoons
- Mixing bowl
- Colander
- Metal or wooden spoon
- Saucepan (for cooking chicken)
- Saucepan (for cooking couscous)

Ingredients

	4-6 serves
For the marinade	
Garlic, peeled, crushed or finely diced	3 teaspoons (3 cloves)
Lemon juice	3 tablespoons
Olive oil	1 tablespoon
Ground cumin	1 ½ teaspoons
Ground ginger	1 ½ teaspoons
Sweet paprika	1 teaspoon
Ground black pepper	½ teaspoon
Salt	1 teaspoon
For the dish	
Skinless chicken thigh, raw, diced	450 grams
Plain flour	1/3 cup
Olive oil	As needed
Onion, diced	1 medium
Salt reduced chicken stock powder	2 teaspoons
Water	1 ½ cups
Turmeric	1 teaspoon
Fresh coriander, finely chopped	1 tablespoon
Fresh parsley, finely chopped	1 tablespoon
Carrot, diced	1 medium
Canned chickpeas, drained	1 x 400 gram tin
Mixed vegetables, fresh or frozen*	250 grams
To serve	
Couscous, dry	1 cup
Water	1 ½ cups
Salt reduced chicken stock powder	1 teaspoon
Currants (optional)	1 tablespoon

Method

To marinate the chicken

- 1 To prepare the marinade, combine all ingredients in a bowl.
- 2 Add the chicken thighs to the marinade and ensure they are well coated. Refrigerate and set aside for at least 20 minutes or overnight.

To make the chicken dish

- 3 Remove the chicken from the marinade (reserve any excess marinade) and pat dry. Place roughly two-thirds of the flour in a bowl or on a plate and coat the chicken pieces lightly.
- 4 Put the saucepan over medium heat and add enough oil to coat the bottom of the pan. When it is warm, add the chicken to the pan and cook for a few minutes until lightly browned each side. Remove the chicken from the pan and set aside.
- 5 Add the onion to the saucepan and cook for 4-5 minutes, or until softened. Sprinkle with the remaining flour and mix well. Add the chicken stock powder and water, reserved marinade, turmeric, coriander and parsley.
- 6 Bring to the boil, stirring gently. Add the chicken, carrot, chickpeas and vegetables to the saucepan and reduce the heat to simmer for 20-25 minutes, or until the chicken is cooked through[^].

To make the couscous

- 7 Put a saucepan over high heat and add the water and stock powder. Bring to the boil and remove from heat.
- 8 Stir in the couscous and cover with a lid. Let the couscous steam for 5 minutes. Remove the lid and use a spoon to stir couscous breaking up any clumps.
- 9 Stir through currants.

To serve

- 10 Spoon couscous onto plates and top with Moroccan chicken ... enjoy!

Notes

*Use what is in season and available to you, for example peas, corn, zucchini or capsicum.

[^]When chicken is cooked through, there should be no visible pink and any juices should run clear.