

Moroccan Spiced Chicken with Jewelled Couscous



Serves: 4

Profitability:

Steps:

Wash the chicken and pat it dry

In a small bowl mix all the dry ingredients together with the olive oil to form a thin paste

Rub the paste all over the outside of the chicken and under the skin. Cover and let it sit in a fridge for 3-4 hours or overnight if time allows

Remove the chicken from the fridge and leave to rest for an hour before to ensure more even cooking

Arrange the lemons around the bird on the tray

Heat the oven at 220°C (200°C fan oven) and place the chicken on a tray in the oven for 20 minutes

Turn the heat down to 190°C (170°C fan oven) and cook for one hour, or until thoroughly cooked, basting the chicken with the juices every 20 minutes

Remove from the oven and allow to stand for 10 minutes before carving

Jewelled Couscous

Dice the red onion and fry until soft in hot oil. Set aside

Make the couscous up as per pack instructions using chicken stock in the place of water

Once the couscous is light and fluffy stir through the pomegranate, red onion and the mint

Serve alongside the chicken, using the juices from the chicken as gravy if required. Top with fried onions

Ingredients:

1 chicken, whole (3-4lbs/1.2-1.6kg)

2 tsp ground coriander

1 tsp ground cumin

1 tsp ground caraway

1/2 tsp ground black pepper

2 tsp sweet paprika

1 tsp garlic granules

1/4 tsp crushed chillies

1/2 tsp mint

1/2 tsp ground cinnamon

2 tsp onion powder

1/2 tsp salt

1/2 tsp sugar

2-3 tbsp olive oil

2-3 lemons, halved

1/2 onion, sliced

Jewelled Couscous

1 tbsp olive oil

1 small red onion, diced

1 tbsp fresh chopped mint

2 tbsp fresh pomegranate seeds

200g couscous

570ml chicken stock