



Chermoula Chicken

with preserved lemon couscous,
broccolini & spiced yoghurt

#plateuptogether

INSTRUCTIONS

Chermoula

- Blitz all ingredients together, season to taste.

Chicken

- Preheat oven to 200°C.
- Lightly grease a large, baking dish and set it aside
- Warm oil in a large frying pan on medium heat. When the oil is hot, add the seasoned chicken to the pan. Let the chicken cook for about 4 minutes on one side, then flip it and cook for another 3-4 minutes on the other side.
- Then remove the chicken thighs and put them on the baking dish.
- Place the dish in the middle of the oven and roast for 25-30 minutes or until the chicken is cooked through.

Spiced Yoghurt

- Mix 1/3 x chermoula recipe and 200g of Greek yoghurt. After mixing season to taste.

Couscous

- Mix the olive oil into the couscous.
- In a pot bring the chicken stock, butter and preserved lemon to the boil.
- Add the liquid to couscous, remove from heat and cover for 10 mins.

Veggies

- Steam Broccoli

Feeling fancy?.. Jazz up the couscous with some almonds, cranberries & chopped parsley





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INGREDIENTS

Chicken

- 600g chicken thigh fillet

Chermoula

- 1 cup coriander
- 1 cup parsley
- 1 cup mint
- 2 x cloves garlic
- 1 tsp cumin powder
- 1 tsp coriander powder
- 1/2 tsp paprika
- 1/2 cup extra virgin olive oil
- Zest of 1 lemon & juice
- Sea salt & cracked pepper to taste

Spiced yoghurt

- 1/3 chermoula recipe
- 200g Greek yoghurt

Cooking Notes

Use 2/3 of chermoula recipe and marinate chicken for 2-3 hours

Couscous

- 350g couscous
- 20ml extra virgin olive oil
- 700ml chicken stock
- 1 tbsp butter
- 20g of sliced preserved lemon

Veggies

- 1 bunch of broccolini

