Moroccan Chicken







PREP TIME 30 mins



COOKING TIME 2 hours

Ingredients

- 1 pack Carla's Moroccan Blend
- 1 pack Moroccan couscous
- 1 whole chicken
- 500g sweet potatoes (roughly 4-5)
- 1 red onion
- 1 red pepper
- 4 large courgettes
- 1kg potatoes
- 1 lemon
- 500g apricot jam
- Feta cheese
- 1 tbsp olive oil
- Salt and pepper
- Baby leaf salad
- 6 tbsp extra-virgin olive oil
- 3 tbsp red wine vinegar
- 1 tsp sweet paprika
- ½ tsp ground cumin
- 1 clove of garlic

Instructions

- Preheat the oven to 200°C or 180°C fan
- Wash all the vegetables. Peel both types of potatoes and chop into chunks. Slice the courgettes into rounds, chop the pepper and red onion into chunks
- Place the chicken in a large greased oven dish, and place all the vegetables around it
- Juice the lemon, and combine with the olive oil, Carla's Moroccan Seasoning and the apricot jam to make a sticky glaze. Warm slightly in the microwave to make it easier to work with, then mix well and brush all over the chicken and vegetables
- Then roast for one and a half hours at 180 degrees, until the chicken is cooked and the vegetables softened
- Towards the end of the cooking time, prepare the Moroccan Couscous according to pack instructions
- Cut the chicken into portions, and plate the meal with a selection of vegetables, the couscous and the chicken. Scatter with cubes of feta cheese, and add some baby leaf salad
- To make a simple Moroccan dressing, combine 6 tbsp of extra-virgin olive oil, 3 tbsp of red wine vinegar with a finely chopped clove of garlic, 1 tsp sweet paprika and ½ tsp of ground cumin, and whisk together well, adding freshly ground salt and pepper. Drizzle this over the salad leaves, roast vegetables and couscous. Serve!

Carla's product used in this recipe: Moroccan Blend

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