



Product Spotlight: Butternut Pumpkin

Also known as butternut squash, butternut pumpkin is a type of winter squash that grows on a vine. It has a sweet, nutty taste similar to that of pumpkin!



Moroccan Chicken

with Roast Pumpkin & Pearl Couscous

A vibrant mix of herb roast pumpkin tossed with pearl couscous, orange, mint and flavourful harissa dressing, served alongside spiced chicken schnitzels. This dish is packed with fresh flavour!



35 minutes



4 servings



Chicken

Add some extras!

You can add some feta cheese or toasted almonds to garnish this dish. The pumpkin is also delicious roasted with some cumin seeds or honey if you want to switch up the flavours.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	42g	12g	95g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
SHALLOTS	2
PEARL COUSCOUS	300g
ORANGE	1
MINT	1 packet
SUGAR SNAP PEAS	150g
CHICKEN SCHNITZELS	600g
HARISSA PASTE	1 sachet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground coriander, red wine vinegar, dried thyme

KEY UTENSILS

oven tray, frypan, saucepan

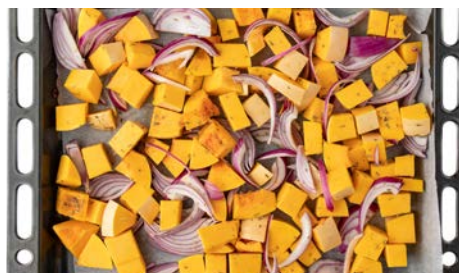
NOTES

For extra flavour you can zest 1/2 the orange and toss it through the couscous in step 5.

No gluten option – couscous is replaced with quinoa. Place quinoa in a saucepan and cover with plenty of water. Bring to a boil and simmer for 10–15 minutes or until tender. Drain, rinse and press down in sieve to squeeze out excess liquid.



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1. ROAST THE PUMPKIN

Set oven to 220°C.

Dice **pumpkin** (2–3cm) and slice **shallots**. Toss on a lined oven tray with **2 tsp dried thyme, oil, salt and pepper**. Roast for 20–25 minutes or until cooked through.



4. COOK THE CHICKEN

Coat **chicken** with **3 tsp ground coriander, oil, salt and pepper**. Heat a frypan over medium–high heat. Cook chicken for 4–5 minutes each side or until cooked through.



2. COOK THE COUSCOUS

Bring a saucepan with water to a boil. Add **pearl couscous** and cook for 8 minutes or until tender but still firm. Drain and rinse.



5. TOSS THE COUSCOUS

Whisk together **harissa paste, 1 tbsp vinegar** and **1 tbsp olive oil**. Toss with couscous, fresh components, roast pumpkin and onion. Season with **salt and pepper** to taste.



3. PREPARE THE COMPONENTS

Peel and dice **orange** (see notes), slice **mint leaves**. Trim and halve **sugar snap peas**. Add to a large salad bowl.



6. FINISH AND SERVE

Divide pumpkin and couscous among shallow bowls. Slice chicken and serve on top.

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