




Product Spotlight: Free-Range Chicken


We source our 100% free-range chicken from Mount Barker, WA. It gets deboned and packaged by local business Liberty Chicken.



Herby Chicken Meatballs with Chickpea Couscous

Herby chicken meatballs served with chickpea couscous, fresh and crunchy vegetables and gourmet garlic dip, skordalia.

 30 minutes

 2 servings

 Chicken

14 April 2023

What is it?

Skordalia is a compound of the Greek word skordo, meaning garlic, and the Italian word agliata, meaning garlicky. Skordalia is a delicious garlic-based dip or spread. It is tasty in wraps, on roast vegetables or as a dip.

Per serve: **PROTEIN** 38g **TOTAL FAT** 39g **CARBOHYDRATES** 30g

FROM YOUR BOX

PARSLEY	1 bunch
LEMON	1
CHICKEN MINCE	300g
SKORDALIA	1 tub
CHICKPEA COUSCOUS	1 packet (100g)
TOMATO	1
SHALLOT	1
LEBANESE CUCUMBER	1

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

oven tray, saucepan

NOTES

If you're in a hurry and don't want to make the meatballs, simply sauté the chicken mince in a frypan with parsley, lemon zest, salt and pepper until browned and cooked through. Toss through couscous with prepared ingredients and skordalia.

For extra flavour when cooking the couscous, crumble in a stock cube or use liquid stock.



1. MAKE THE MEATBALLS

Set oven to 220°C.

Thinly slice parsley leaves and zest lemon. Add 2 tsp each zest and parsley (reserve remaining) to a bowl along with chicken mince and 1 tbsp skordalia. Season with **salt and pepper** and mix well to combine.



2. ROAST THE MEATBALLS

Spoon tablespoonfuls of mince onto a lined oven tray to make approximately 10 meatballs (see notes). Drizzle with **oil** and bake for 15-20 minutes or until cooked through.



3. COOK THE COUSCOUS

Pour **200ml water** into a saucepan. Season with **salt and pepper** (see notes). Bring to a boil and remove from heat. Add couscous and stir to combine. Cover and leave to stand for 10 minutes.



4. PREPARE THE VEGETABLES

Roughly chop tomato. Thinly slice shallot and dice cucumber.



5. TOSS THE COUSCOUS

Add reserved lemon zest and parsley to couscous along with juice from 1/2 lemon (wedge remaining lemon and set aside). Toss to combine.



6. FINISH AND SERVE

Spoon skordalia into shallow bowls. Top with tossed couscous, fresh vegetables and chicken meatballs.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

