



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Honey

Every drop of local honey reflects the flowers and plants the bees visit – meaning each batch has its own unique flavour profile. We love the natural sweetness it adds to this dish.



Sticky Honey Chicken

with Pearl Couscous

Sticky honey and balsamic chicken, sliced and served on a bed of colourful roast veggies tossed with pearl couscous, basil and goat cheese.

Switch it up!

You can simmer the chicken and vegetables in a slow cooker with chopped tomatoes to make a stew! Add ground spices or simmer sauce of choice and serve with pearl couscous.



35 minutes



4/6 servings



Chicken

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	44g	22g	75g/80g

FROM YOUR BOX

	4 PERSON	6 PERSON
BUTTERNUT PUMPKIN	1	2
RED ONION	1	1
CHERRY TOMATOES	200g	2 x 200g
HONEY SHOTS	2	3
CHICKEN THIGH FILLETS	600g	600g + 300g
PEARL COUSCOUS	300g	300g + 150g
GOAT CHEESE	80g	2 x 80g
BASIL	20g	60g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, balsamic vinegar, dried oregano, soy sauce

KEY UTENSILS

oven tray, frypan or griddle pan, saucepan

NOTES

We leave the skin on the pumpkin to speed up preparation time and for the added nutrients, but you can peel it if you prefer!

No gluten option – pearl couscous is replaced with gluten-free pasta. Add to boiling water and cook according to packet instructions until al-dente. Drain and rinse as per step 4.



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1. ROAST THE VEGETABLES

Set oven to 220°C. Place saucepan of water on to boil (for step 4).

Dice **pumpkin** (2–3cm) and wedge **red onion** (see notes). Toss on a lined oven tray with **tomatoes 2–3 tsp oregano, oil, salt and pepper**. Roast for 20–25 minutes until cooked through.



4. COOK THE COUSCOUS

Add **pearl couscous** to boiling water and cook for 8 minutes or until tender but still firm. Drain and rinse with cold water.



2. MAKE THE DRESSING

Whisk together **honey, 1/4 cup balsamic vinegar, 2 tbsp soy sauce** and **2 tbsp olive oil**.

6P – whisk together honey, 1/3 cup balsamic vinegar, 3 tbsp soy sauce and 3 tbsp olive oil.



5. TOSS THE COUSCOUS

Crumble **goat cheese** and slice **basil leaves** (reserve some for garnish). Add to a large bowl along with **roast vegetables, couscous** and remaining **dressing**.



3. COOK THE CHICKEN

Heat a frypan over medium–high heat with **oil**. Coat **chicken** with **1 tbsp dressing** and cook in pan for 6–8 minutes each side or until cooked through (see notes).

6P – coat chicken with 2 tbsp dressing.



6. FINISH AND SERVE

Divide **couscous** among shallow bowls. Slice **chicken** and place on top. Garnish with reserved **basil**.

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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

