



### Product Spotlight: Honey

Fewster's Farm raw honey is 100% natural and comes straight from beehives located in WA. We love the natural sweetness it adds to this dish.



## Sticky Honey Chicken

### with Pearl Couscous & Feta

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



35 minutes



4 servings



Chicken

## 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.*

	PROTEIN	TOTAL FAT	CARBOHYDRATES
Per serve:	33g	31g	88g

## FROM YOUR BOX

BUTTERNUT PUMPKIN	1
RED ONION	1
CHERRY TOMATOES	200g
HONEY SHOTS	2
CHICKEN THIGH FILLETS	600g
PEARL COUSCOUS	300g
FETA CHEESE	1 packet
BASIL	1 packet

## 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

You can roast the chicken with the vegetables if preferred!

**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.



### 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 onion. Toss on a lined oven tray with tomatoes **2 tsp oregano, oil, salt and pepper** (see notes). 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**.



### 5. TOSS THE COUSCOUS

Dice or crumble feta 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).



### 6. FINISH AND SERVE

Divide couscous among shallow bowls. Slice chicken and place on top. Garnish with reserved feta and 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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

