

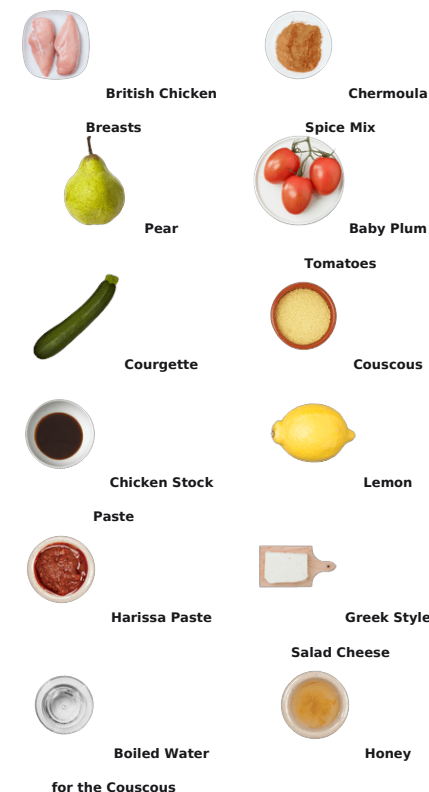


Chermoula Chicken, Pear and Tomato Traybake

with Courgette, Couscous and Lemon-Harissa Dressing

High Protein

Preparation time : 40 min.



What did you think of this recipe?
Scan the QR code to share your feedback.

Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/chermoula-chicken-pear-and-tomato-traybake-375>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Baking Tray, Bowl, Kettle, Cling Film, Zester, Large Frying Pan

Ingredients for 1-6 people

Ingredient	2p	3p	4p
British Chicken Breasts (unit(s))	2	3	4
Chermoula Spice Mix (sachet(s))	1	2	2
Pear (unit(s))	1	2	2
Baby Plum Tomatoes (grams)	125	190	250
Courgette (unit(s))	1	2	2
Couscous (grams)	120	180	240
Chicken Stock Paste (grams)	10	15	20
Lemon (unit(s))	1	1	2
Harissa Paste (grams)	50	75	100
Greek Style Salad Cheese (grams)	50	100	100
Boiled Water for the Couscous (milliliter(s))	200	300	400
Honey (tbsp)	1	1½	2
Add yourself			

Salt, pepper, oil and water according to taste.

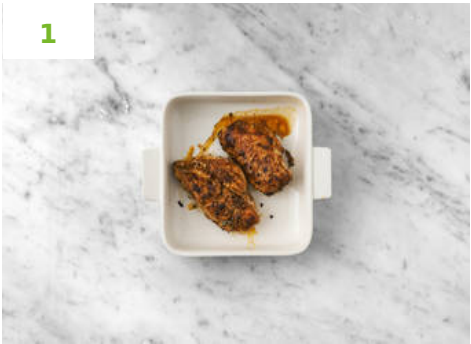
Nutritional values

Per serving	Amount
Energy (kj)	2635 kj
Energy (kcal)	630 kcal
Fat	20.8 g
of which saturates	5.1 g
Carbohydrate	69.8 g
of which sugars	24.9 g
Dietary Fibre	9.7 g
Protein	51.9 g
Salt	2.56 g

Allergens

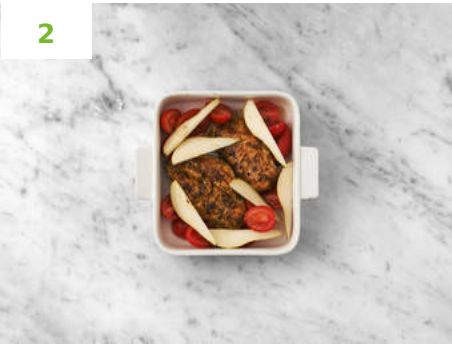
Milk, Wheat, May contain traces of allergens, Soya, Celery, Cereals containing gluten

Always check the product labels for allergen information.



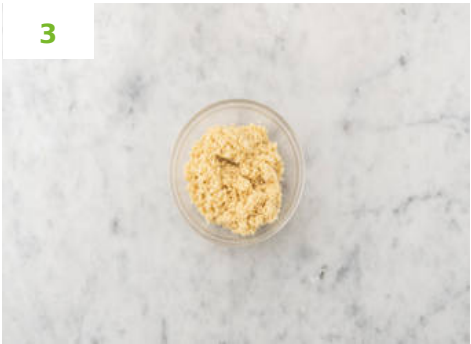
Roast the Chicken

Preheat your oven to 220°C/200°C fan/gas mark 7.
Lay the **chicken** onto one side of a baking tray, drizzle with **oil**, sprinkle over **half** the **chermoula spice mix** and season with **salt** and **pepper**.
TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh.
When the oven is hot, roast the **chicken** on the top shelf until cooked through, 25-30 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



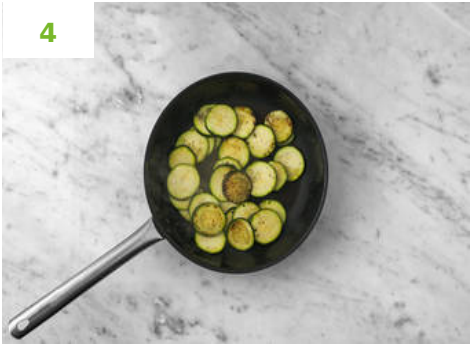
Prep Time

Meanwhile, trim, core and cut the **pear** into 8 wedges (no need to peel). Halve the **baby plum tomatoes**. Trim the **courgette** and slice into 1cm thick rounds.
When the **chicken** has 15 mins remaining, add the **pear wedges** and **baby plum tomatoes** to the same tray. Drizzle with **oil**, season with **salt** and **pepper**, sprinkle over the remaining **chermoula**, then toss together.
Return to the oven for the remaining roasting time, 12-15 mins.



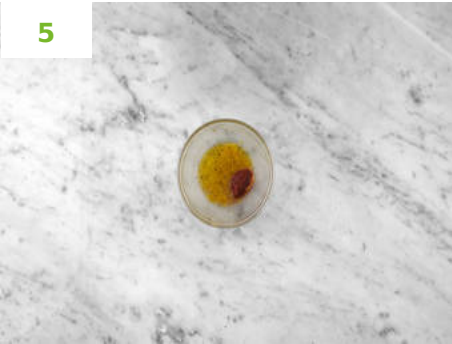
Cook the Couscous

Meanwhile, boil a half-full kettle.
Put the **couscous** in a large bowl.
Pour in the **boiled water for the couscous** (see pantry for amount), stir in the **chicken stock paste**, then cover tightly with cling film. Leave to the side for 10 mins or until ready to serve.



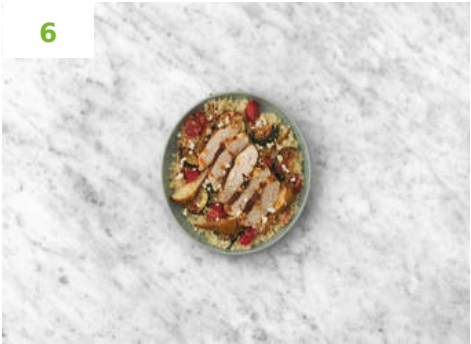
Char the Courgette

While the **couscous** cooks, heat a drizzle of **oil** in a large frying pan on high heat.
When hot, add the **courgette** and cook until charred, 3-4 mins each side.
Once cooked, season with **salt** and **pepper**, then remove from the heat.



Mix your Salad Dressing

While everything cooks, zest and cut the **lemon** into wedges.
In a small bowl, mix **half** the **juice** from the **lemon wedges**, the **honey** (see pantry for amount) and **harissa paste** (add less if you'd prefer things milder). Season with **salt** and **pepper**.
When the **couscous** is cooked, fluff up the **grains** with a fork and stir through the **lemon zest**.
When the **chicken** is cooked, cut widthways into 2cm thick slices.



Serve

Share the **couscous** between your serving bowls.
Spoon over the **charred courgette** and **chermoula roast veg**. Top with the **sliced chicken**.
Spoon over the **harissa-lemon dressing** and crumble over the **Greek style salad cheese**.
Serve with any remaining **lemon wedges** for squeezing over.

Enjoy your meal!