

# Moroccan Chicken with Couscous

A delicious blend of traditional herbs and mixed vegetables and fruit, perfect with chicken, and combined with couscous for a little taste of Morocco. Substitute seasonal vegetables such as eggplant, sweet potato, zucchini and replace chicken with chickpeas for a vegetarian version.



**Influence:**  
**North Africa**



Serves 10 children



25 minutes

## INGREDIENTS

### Couscous

Couscous 300g (2 C)

Water, boiling 250ml (1 C)

### Moroccan chicken

Oil, canola 10ml (2 t)

Onions, finely diced 40g (½ medium)

Chicken, breast, skinless, diced 500g (2 ½ fillets)

Vegetables, mixed, frozen 300g (2 C)

Pumpkin, diced 200g (1 ½ C)

Tomatoes, tinned, diced 200g (½ can)

Moroccan seasoning 1g (¼ t)

Water 125ml (¼ C)

Bay leaf, dried 1g (1 leaf)

Prunes, diced 50g (5 prunes)

## DIRECTIONS

1. Place dry couscous into large bowl. Pour 1 C boiling water over and cover for 10 minutes (as per packet instructions). Fluff up with fork.
2. Heat oil in frypan, add onion and cook for 3 minutes until soft.
3. Add chicken and cook a further 5 minutes until brown.
4. Stir in mixed vegetables, pumpkin, tomatoes, seasoning and bay leaf, add 125ml water and simmer for 12 minutes, or until vegetables are cooked.
5. Mix through cooked couscous and prunes.
6. Serve.

# Allergy Information

Contains wheat, gluten.  
Check seasoning for ingredients.

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## Childcare RDI Calculator:

<b>Fat</b>	<div></div>	<b>20 %</b>
<b>Vegetables</b>	<div></div>	<b>100 %</b>
<b>Meat/Alt*</b>	<div></div>	<b>100 %</b>
<b>Cereals</b>	<div></div>	<b>100 %</b>
<b>Dairy</b>		<b>0 %</b>
<b>Fruit</b>		<b>0 %</b>

\* meat = lean meats, poultry and fish; meat alternatives = eggs, tofu, nuts, seeds, legumes and beans

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This recipe is sourced from the Nourish Cookbook: The complete guide for Food Coordinators in Education and Care Services