



Spicy Harissa Chicken with Pearl Couscous



DIFFICULTY: EASY



PREPARATION TIME: 10
MINUTES



COOKING TIME: 25 MINUTES



SERVES: 4

Ingredients

2 chicken breast fillets, approximately 500g
2 tbsp harissa paste
1 brown onion, chopped
1 garlic clove, finely chopped
2 tsps grated ginger
1 tsp ground turmeric
1 tsp ground coriander
1 tsp ground cumin
30g butter
1 ½ cups pearl couscous
2 ¼ cups chicken stock
250g baby beans (frozen is ideal)
¼ cup chopped coriander
¼ cup chopped mint
Salt and pepper
¼ cup toasted slivered almonds
1/3 cup pomegranate seeds

Method

Rub the chicken breast fillets with the harissa paste and place into the solid stainless steel steamer tray.
Insert the MultiPoint MeatProbe horizontally into the thickest part of the largest chicken breast (see note if you do not have a MeatProbe).
Place the chicken into the oven and set the oven to Full Steam 100°C. Set the probe to 71°C and press start.
Place the onion, garlic, ginger, turmeric, coriander, cumin and butter into a 2 litre oven proof dish.
When oven has reached temperature, place the onion mix into the oven with the chicken and continue to cook on FullSteam 100°C for 4 minutes.
Remove the onion mix from the oven then stir in the couscous and stock.
Return to the oven and cook for 10 minutes. Add the beans to the couscous and continue cooking for a further 6 to 8 minutes or until couscous is cooked.
Stir in the chopped herbs and season with salt and pepper.
When the chicken is cooked, allow to rest for a few minutes before slicing.
Serve with the couscous and sprinkle with the almonds and pomegranate seeds.

Note:

If you don't have a MeatProbe you can absolutely still make this recipe! Just ensure the chicken is cooked. This will likely take around 25 minutes.

Notes
