

COMPLETE MEAL

Chicken Tagine

Succulent chicken breasts cooked with traditional North African flavours and served with fluffy couscous.

Makes 10 portions (249g/portion)

Ingredients

500g		10 Green Gourmet Great British Chicken Breast Fillets (GG Code – 7232)
11g	(1 tblsp)	olive oil
150g	(1 large)	onion, finely chopped
350g	(3 large)	carrots, finely diced
350g	(2 medium)	parsnips, finely diced
750 ml		Tagine (or tomato and basil) ready-to-use sauce
570g	(½ pint)	stock, vegetable, reduced salt
100g		dried apricots, finely chopped
330g		couscous (dry weight)

Method

1. Gently stir-fry the onions, carrots and parsnips until just soft.
2. Stir in the tagine sauce and heat until simmering.
3. Add the stock to the desired consistency.
4. Lay the Green Gourmet Great British Chicken Breast Fillets in a baking tin and sprinkle on the dried apricots.
5. Pour the sauce and vegetables over the Green Gourmet Great British Chicken Breast Fillets and cook at 180°C/350°F/Gas 4 for 35 minutes.
6. Pour the boiling water over the couscous and lightly fork through. Leave to stand for 10 minutes.
7. Serve with the couscous and accompany with seasonal vegetables.

Serving Suggestions

Apricots are a source of iron and can easily be disguised by the curry sauce. Adding dried fruit to the couscous is another way to increase the fruit and vegetable content of this meal, which provides at least two servings of vegetables.

Nutritional analysis (per 100g COOKED)

Energy (kcal)	Fat (g)	Satd FA (g)	Carbohydrate (g)	NME Sugar (g)	NSP fibre (g)
88.4	1.3	0.2	13.2	1.8	1.2
Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (µg)
6.5	1.3	0.3	22.2	209.2	1.8
Folate (µg)	Sodium (mg)				
10.3	173.4				

For up to the minute information on our ever growing range of healthy, tasty products contact Green Gourmet Ltd

Fromehall Mill, Lodgemore Lane, Stroud, Gloucestershire, GL5 3EH

t: 01453 766677 f: 01453 758405 e: info@greengourmet.co.uk