



DropChef Moroccan Chicken and Sweet Potato Stew

This Moroccan Chicken Stew is full of goodness, with the added bonus of being seriously tasty! The red lentils add extra fiber and protein to the dish, while simultaneously creating a deliciously thick sauce. Ras el hanout is a spice found in Moroccan, Algerian, and Tunisian dishes, and consists of over a dozen spices!

Nutritional Info

Calories: 604 kcal
Carbohydrates: 76.6 g
Protein: 42.8g
Fat: 6.4 g

Ingredients

- Chicken Fillet
- Sweet potato
- Onion
- Red lentils
- Garlic
- Ras el hanout
- Chopped tomatoes
- Spinach
- Cous cous
- Stock cube

Your Pantry

- Olive Oil

Allergens

Wheat (Cous Cous)
Celery (Stock cube - may also contain traces of Egg, Soya & Mustard)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) Boil the kettle

2) Prepare the vegetables

Peel and finely chop the onion and garlic. Peel and chop the sweet potatoes into small-medium pieces.

Make the stock up to 300ml per person (you will use 200ml of this in the stew and 85ml in the cous cous per person).

3) Saute the vegetables and chicken

In a medium saucepan, add a drizzle of oil and place on medium heat. Saute the onions for 3-4 minutes, then add the garlic and cook for a further minute. Add the chicken pieces and fry until golden (they don't need to be cooked through yet).

4) Make the stew

Add the ras el hanout spice mix to the pan with the onion and chicken and cook for 30 seconds. Add the red lentils, chopped tomatoes, sweet potatoes, and 200ml of stock per person. Simmer for 20 minutes or until the lentils and sweet potato are tender. If the stew looks a little dry, add a splash more hot water/stock. Meanwhile....

5) Make the cous cous

Place the couscous in a bowl or jug. Re-heat the stock until boiling, and pour in 85ml of stock per person. Stir and cover, then leave aside to absorb.

6) Finish the stew

Once the stew is cooked, stir in the spinach and cook until wilted. Serve on top of the couscous in cosy bowls and enjoy!



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