

MasterFoods™

PROFESSIONAL

Moroccan Seasoned Chicken with Roasted Vegetable Couscous
RECIPE

Moroccan Seasoned Chicken with Roasted Vegetable Couscous



<?xml version="1.0"?>

TIME

40 minutes

INGREDIENTS

10 items

MAKES

6 servings

A simple, flavoursome, and delicious Moroccan chicken dish. The prep time is minimal, but the result is moreish and easily scaled up for functions.

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INGREDIENTS

- 3 tbsp. MasterFoods™ Professional Moroccan Seasoning, divided in half
- 2 tbsp. Tomato Paste
- 8 Chicken Thighs
- 2 cups Couscous
- 2 tbsp. Olive Oil
- 1 tbsp. MasterFoods™ Professional Oregano Leaves
- 2 lemons, juice and zest of one, the other cut into wedges
- 1 small jar of Roasted Capsicum, drained
- 1 400 g tin Chickpeas, rinsed and drained
- 2 tbsp. chopped fresh Coriander, plus extra to garnish

PRODUCTS USED



MasterFoods Professional Moroccan Seasoning 755g

[SEE DETAILS](#)

Cooking Instructions:

1. 1
Preheat an oven to 220°C.
2. 2
Combine half the Moroccan Seasoning and tomato paste in a bowl. Coat the chicken and leave to marinate for 1 hour.
3. 3
Place chicken in an oven proof dish and sprinkle with remaining Moroccan seasoning. Cook at 220°C for 5 minutes, then turn the oven down to 180°C and cook for a further 25 minutes, or until chicken is cooked through, basting frequently. Rest for 20 minutes.
4. 4
While the chicken is resting, prepare the couscous as per manufacturer's instructions. Combine the couscous and all other ingredients in a bowl, mix to combine, and set aside until needed.

5. 5

To serve, spoon couscous on serving plate and place the chicken on top. Garnish with extra coriander and serve with lemon wedges.

Tips:

1. 1

For a healthier option replace chicken thigh with chicken breast, or lean lamb.

2. 2

Perfect also with eggplant, zucchini, and pumpkin instead of chicken.

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[Choc-Berry Bircher Muesli](#)

Cooking time

10 min

Ingredients

11 items

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Cooking time

60 MINS

Ingredients

8 items

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Cooking time

10 min

Ingredients

11 items

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Cooking time

15 minutes

Ingredients

9 items

[SEE DETAILS](#)

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