



Spicy chicken stew

with couscous and raisins

Today we are eating a chicken stew. We season the dish with ras el hanout, a spice mixture that is mainly used in Moroccan dishes. Ras el hanout literally means 'the best of the shop' and contains the herbs and spices that the merchant has to offer at that moment. Common herbs and spices of the mix are: cardamom, cinnamon, turmeric, cloves, ginger, mace, nigella seed, nutmeg, black pepper, galangal root and allspice. Spicy!

30 min | 700 kcal

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ORGANIC INGREDIENTS

1P 2P 3P 4P

| | | | | | |
|----------------------|-------------|-----|-----|-----|-----|
| Chicken thigh fillet | <i>g</i> | 100 | 200 | 300 | 400 |
| Ras el hanout | <i>tsp</i> | 1 | 2 | 3 | 4 |
| Carrot | <i>g</i> | 150 | 300 | 450 | 600 |
| Red onion | <i>item</i> | 1 | 1 | 2 | 2 |
| Raisins | <i>g</i> | 15 | 15 | 25 | 25 |
| Courgette | <i>item</i> | 0.5 | 1 | 1 | 2 |
| Wholegrain couscous | <i>g</i> | 75 | 150 | 225 | 300 |

add yourself:

| | | | | | |
|--------------------------|-------------|-----|-----|-----|-----|
| Oil | <i>tbsp</i> | 0.5 | 1 | 1.5 | 2 |
| Water | <i>ml</i> | 50 | 100 | 150 | 200 |
| Salt and (chilli) pepper | | | | | |

**In organic cultivation, the vegetables supplied are more likely to vary in weight. To prevent waste, we sometimes adjust the quantities when packing. We guarantee 200-250 grams of vegetables per serving.*



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PREPARATION

1. Cut the chicken into cubes and sprinkle with half of the ras el hanout spices, salt and (chilli) pepper. Heat oil in a frying pan and fry the chicken over a medium heat until lightly browned all over.
2. Wash or peel the carrot and chop into very small pieces. Peel the onion and chop into wedges. Fry the carrot and onion with the chicken for 2 minutes. Add the water, the rest of the ras el hanout spices and raisins and leave to simmer, covered, over a low heat for 10-15 minutes.
3. Meanwhile, wash the courgette, cut into small cubes and stew with it for the last 5 minutes.
4. Boil some water (or stock). Place the couscous in a bowl and pour the boiling water on top until the couscous is just submerged. After 5 minutes of covering, the couscous is nice and dry and loose and ready to use.
5. Serve the couscous with the spicy chicken and vegetable stew.

Tip: This stew is also delicious with some lemon juice.

Organic



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