

Stuffed Chicken Moroccan Style

INGREDIENTS

4 Large Chicken Breasts, Skinless
4 tablespoons Pine nuts
1 teaspoon Ras el Hanout spice (buy ready made or see below)
50g Couscous
8 ready-to-eat chopped dried apricots
Chopped flat leaf parsley

TIME

30 minutes

METHOD

1. Mix the spice and couscous in a bowl and add 50ml of hot water, cover and stand for 5 minutes.
2. Fluff the couscous and fork in the pine nuts and the chopped parsley and apricots. Season as necessary.
3. Slit the fillets along one side and fill the chicken envelope with the mixture.
4. Place on a roasting tin, brush with olive oil and cook in the oven for 20-30 minutes at 190°C/170°C fan, or until cooked to your liking.

“Ras el Hanout” spice means “Top of the Shop”

INGREDIENTS:

1 teaspoon ground cumin
1 teaspoon ground ginger
1 teaspoon turmeric
1 teaspoon salt
¾ teaspoon ground cinnamon
¾ teaspoon freshly ground black pepper
½ teaspoon ground white pepper
½ teaspoon ground coriander seeds
½ teaspoon cayenne
½ teaspoon ground allspice
½ teaspoon ground nutmeg
¼ teaspoon ground cloves

PREPARATION:

In a small bowl whisk together all ingredients until combined well. This mixture of spices will keep in an airtight container.