

Knorr
PROFESSIONAL



DISCOVER SOMETHING
new

North African Ready
To Use Sauces



Harissa Chicken Thigh and Cous Cous

Servings: 4

INGREDIENTS

FOR THE CHICKEN SKEWERS

8 Boneless Skinless Chicken Thighs
2 tbsp Al'Fez Harissa Paste
2 tsp Knorr Professional Garlic Paste
25g Knorr Professional Chicken Powder
Bouillon

FOR THE COUS COUS

300g Couscous
300ml Boiling Water
10g Knorr Professional Vegetable
Bouillon
1 tsp ground Cumin
1 tsp Turmeric
1 tsp Garlic puree
1 lemon, zest and juice
120g Mixed Olives
1 x 460g Jar Roasted Red Pepper
200g Cherry Tomatoes
1 Red Onion
20g Fresh Parsley
Olive Oil
Optional - 150g Greek Yoghurt

METHOD

FOR THE CHICKEN SKEWER:

Heat the oven to 220°C. If using wooden skewers, soak them in water to stop them catching under the grill. Chop the chicken into 3cm chunks and put into a bowl. Add the garlic and stir through the Al'Fez Harissa Paste. Season with chicken bouillon.

Thread the chicken onto skewers. Place a piece of greaseproof paper onto a hot chargrill pan. Place the skewers on and grill on all sides. Drizzle a little olive oil onto a baking tray, arrange the skewers on top and roast for 10–15 mins, until cooked through and golden.

FOR THE COUS COUS:

Make up the stock using Knorr Professional Vegetable bouillon and boiling water.

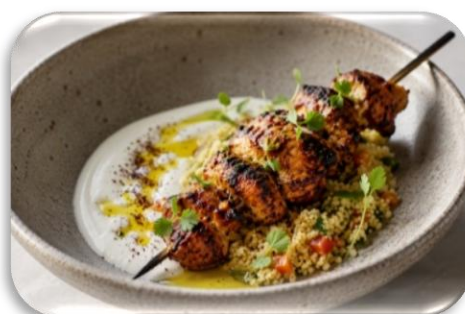
Chop the red onion, zest and juice the lemon. Fry off red onion, garlic and spices until aromatic, add the stock and lemon juice. Pour over cous cous cover with cling film and allow to bloom, fluff up with a fork regularly.

Meanwhile, 1/4 the olives. Drain the peppers and finely chop. Chop the cherry tomatoes into 2cm chunks (halve the small ones).

Pick the parsley leaves, discarding the stalks. Then fluff the couscous with a fork, then add the chopped tomatoes, peppers and olives and lemon zest bowl. Just before serving, toss the parsley through the couscous. Season to taste.

TO SERVE:

Place the cous cous in a bowl, top with Harissa Chicken Skewer with a drizzle of olive oil and picked coriander and a dollop of natural yoghurt, alternatively the skewers pair well with the Knorr Professional Al Fez Apricot and Herb RTU sauce to dip



FOR MORE RECIPES VISIT [UFS.COM](https://www.ufs.com)