

# Harissa Roast Chicken, Couscous, Baba Ghanoush and Roasted Spiced Cauliflower



Prep



Cook



Set table



Serve

Recipe from 'Omnivore' by Jim Brisby and Simon Woods published by Cranswick PLC 2025.

## You will practise:



chopping



knife skills



tasting safely



# Meal information

# Chop & Change



Preparation time



Cooking time



Serves



30 minutes



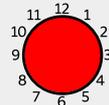
plus up to



24 hours



to marinade



60 minutes

4

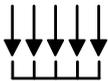


4

people



Nutrition



in each



serving:



Calories  
(kcal)

911



Protein  
(g)

67.2



Carbohydrate  
(g)

51.9



Fat  
(g)

50.5



Fibre  
(g)

9.8



## Ingredients

# Chop & Change



For the chicken:



1.6kg medium whole chicken



100g Greek yoghurt



juice of 1 lemon



100g harissa



cracked black pepper



sea salt



For the cauliflower:



1 large cauliflower, green leaves removed



3 tablespoons extra virgin olive oil



35g zaatar



sea salt



cracked black pepper



# Ingredients

# Chop & Change



For the baba ghanoush:



2 aubergines



4 tablespoons of tahini



juice of 1 lemon



1 garlic clove, peeled



1 teaspoon sumac



2 tablespoons extra virgin olive oil



For the couscous:



380g chicken stock



250g couscous



10g fresh parsley



10g fresh coriander



juice of half a lemon



## Ingredients

# Chop & Change



For the garnish:



1 tablespoon  
extra virgin  
olive oil



100g  
pomegranate  
seeds



10g chopped  
coriander



## Equipment

# Chop & Change



oven



hob



lined baking  
tray



scissors



knife



chopping board



food  
thermometer



tongs



blender



measuring jug



weighing scales



juicer



2 bowls



fork



teaspoon



tablespoon



clingfilm or foil



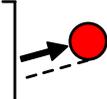
saucepan



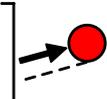
# Method for the Chicken and Cauliflower



Spatchcock the chicken:

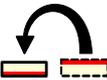
1.  **1**  cm  away from  the centre of  the backbone.

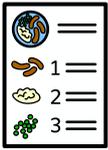
2.  **1**  side  from the  tail to  neck.

3.  **1**  cm  away from  the backbone  on  the opposite side.

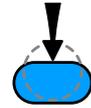
4.  **1**  the side  from the  tail to  neck.

5.  Remove  the backbone.

6.  Turn over  the chicken.



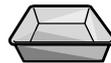
## Method for the Chicken and Cauliflower



7. With both hands, press down firmly on the chicken breast to flatten it.



8. You should hear the backbone crack.



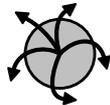
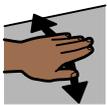
9. Place the chicken on a lined baking tray.



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10. Mix together the Greek yoghurt, lemon juice, harissa and salt and pepper.



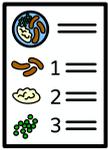
11. Rub the mixture all over the chicken



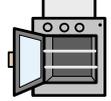
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12. Leave to marinade for 2 hours or preferably over night.



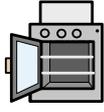
## Method for the Chicken

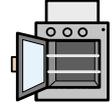
13.  Preheat  oven to 200°C / 400  Fahrenheit /  gas mark 6.

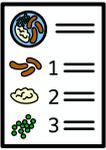
14.  Drizzle the cauliflower  with  extra virgin olive oil.

15.  Season with plenty of  salt and pepper.

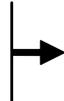
16.  Place the cauliflower on  a  lined  baking tray.

17.  Place the chicken and  cauliflower into an oven  for  50 minutes.

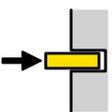
18.  Remove the chicken  and  cauliflower from  the oven.

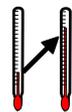


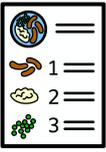
## Method for the Chicken

19.  Baste the cauliflower  with  juices  from  the chicken.

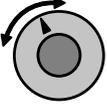
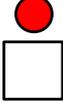
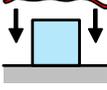
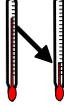
20.  Season the cauliflower  with  Zaatar.

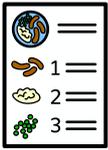
21.  Insert a meat thermometer  to  the thickest  part of  the chicken.

22.  The temperature of the chicken  must be  75  celsius or  above.



## Method for the Baba Ghanoush

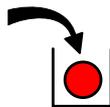
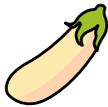
1.   Light a gas hob.
2.       Hold the aubergines over the gas flame until they are charred.
3.      Put the aubergines in a bowl and cover with foil or cling film.
4.   Leave for 10 minutes.
5.    Remove the cling film or foil.
6.    Leave the aubergines to cool.



## Method for the Baba Ghanoush



7. Remove the charred skin.

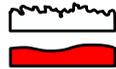


8. Place the aubergine flesh in a blender.

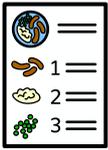
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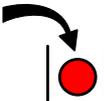
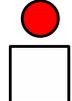
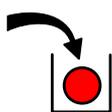
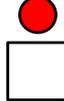
9. Add the tahini, lemon juice, garlic, sumac and extra virgin olive oil.

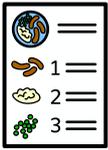


10. Blend until smooth.



## Method for the Couscous

1. Put the chicken stock  in  a pan  over  a high heat. 
2. Bring the chicken stock  to the boil. 
3. Put the couscous  in  a heatproof bowl. 
4. Pour the chicken stock  over  the couscous  and  cover  for  15 minutes.
5. Fluff the couscous  with a fork. 
6. Add  the parsley,  coriander  and lemon juice  and mix well. 



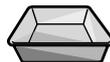
## To Serve



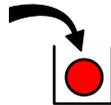
1. Let the chicken rest for 10 minutes.



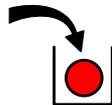
2. Put the chicken on a board.



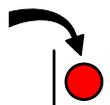
3. Pour over the juices from the baking tray.



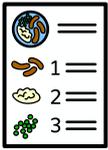
4. Put the cauliflower into a bowl.



5. Put the baba ghanoush into a bowl.



6. Put the couscous into a bowl.



## To Serve

7.  Drizzle the cauliflower,  baba ghanoush  and  couscous with  olive oil.

8.  Garnish with  pomegranate seeds and  chopped  coriander.