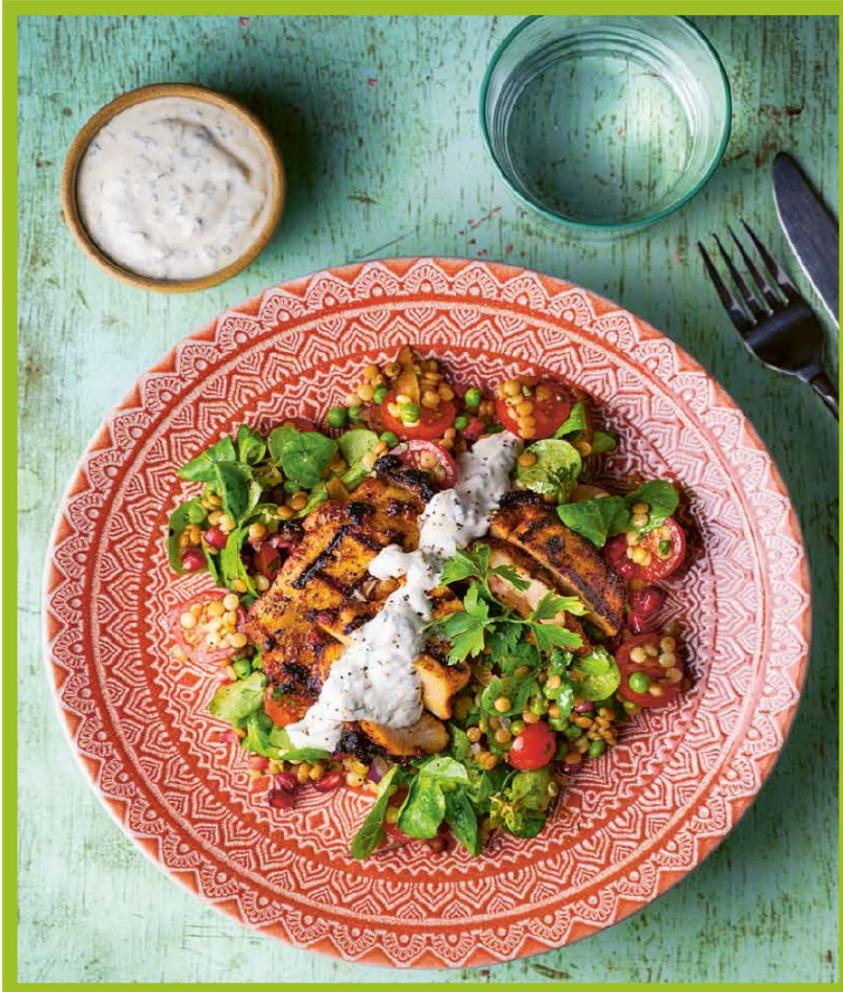




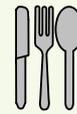
Honey and Ras El Hanout BBQ Chicken with Pomegranate Salad and Mint Yoghurt



Prep



Cook



Set table



Serve

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

You will practise:



chopping



Using a BBQ



tasting safely



Chop & Change

Building resilience
not reliance



Meal information

Chop & Change



Preparation time



Cooking time



Serves

Up to 20 minutes and up to 24 hours to marinate

35 minutes

4 people



Nutrition in each serving:



Calories (kcal)



Protein (g)



Carbohydrate (g)



Fat (g)



Fibre (g)

910

56.3

58.7

51.6

7.5



Ingredients

Chop & Change



For the chicken:



4 garlic cloves,
peeled and
grated



5 thyme sprigs



2 tablespoons
olive oil



2 tablespoon
ras el hanout



1 tablespoon
harissa



1 tablespoon
honey



8 skin on, bone
in chicken
thighs



sea salt



cracked black
pepper



For the
pomegranate
salad:



150g giant
couscous



250g frozen
peas



100g cherry
tomatoes



half red onion,
peeled



200g
pomegranate
seeds



1 tablespoon
pomegranate
molasses



1 tablespoon
olive oil



10g parsley
leaves



Ingredients

Chop & Change



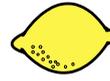
For the mint
yoghurt:



160ml Greek
yoghurt



20g tahini



juice and zest
of 1/2 lemon



10g fresh mint



To garnish:



1 bag lamb's
lettuce



1 teaspoon
extra virgin
olive oil



sea salt



cracked black
pepper



Equipment

Chop & Change



BBQ

hob

3 bowls

lined baking tray

measuring jug



saucepan

weighing scales

juicer

grater

chopping board



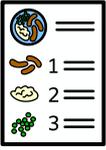
knife

strainer

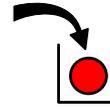
food thermometer

teaspoon

tablespoon



Method for the Chicken



1. Put the garlic, thyme, olive oil and harissa into a large bowl.

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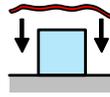
2. Add the ras el hanout and honey.

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3. Add a pinch of sea salt and cracked black pepper.

+



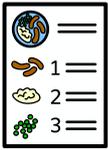
4. Add the chicken thighs and coat thoroughly.



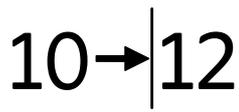
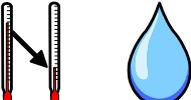
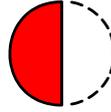
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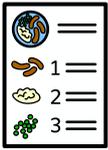


5. Leave for at least 2 hours or ideally overnight.

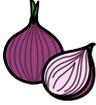


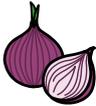
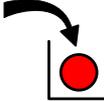
Method for the Pomegranate Salad

1.  of  salted  water to the boil.
2.   and  cook for  10 to 12  minutes.
3.  the couscous and add  the frozen peas.
4.  thoroughly and  leave for  3  minutes.
5.  the couscous with  cold water.
6.  the cherry tomatoes  in half. 

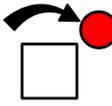


Method for the Pomegranate Salad

7.  Thinly  slice  the red onion.

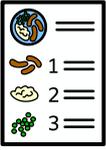
8.  Put the red onion  and cherry tomatoes  into  a large bowl.

9.  Add  the couscous  and pomegranate seeds.

10.  Pour  the olive oil  over  the couscous.

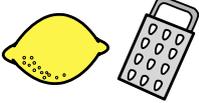
11.  Add  the pomegranate molasses  and  stir well.

12.  Finely  chop  the parsley  and sprinkle over  the couscous.



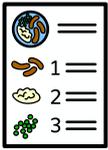
Method for the Mint Yoghurt

1.  Mix  the Greek  yogurt and  tahini  in a bowl.

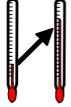
2. +  the lemon juice and  lemon zest.

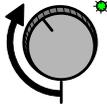
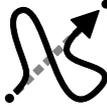
3. +  the finely  chopped  mint.

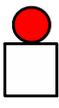
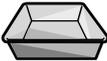
4.  Season  with salt and pepper.

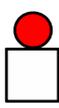


Method to BBQ the Chicken

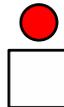
1. Preheat BBQ: Set up for indirect cooking at 180–200°C.
 

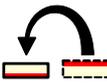



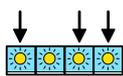
2. Place chicken thighs on a tray.
 


3. Cook for 20 mins on the opposite side to the coals.
 

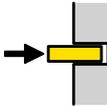



4. Move thighs over coals for 10 mins.
 




5. Turn the thighs often until browned.
 




6. Insert food thermometer into a thigh.
 

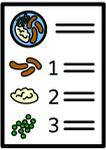


7. The temperature of the thigh should be 85°C.
 

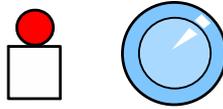

8. Cover the thighs with foil and leave to rest for 5 minutes.
 







To Serve



1. Place the lettuce leaves on a plate.

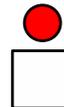
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2. Add the pomegranate and couscous salad.



3. Place the chicken thighs on top of the couscous salad.



4. Drizzle the mint, yogurt and olive oil over the couscous salad.



5. Season with salt and cracked black pepper.