

DINNER

Brick Chicken with Apricot Couscous

16 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
315 min	15 min	300 min	6	\$2.61	699 kcal



You can never have too many main course recipes, so give Brick Chicken with Apricot Couscous a try. One portion of this dish contains about 30g of protein, 46g of fat, and a total of 699 calories. For \$2.61 per serving, this recipe covers 22% of your daily requirements of vitamins and minerals. This...

Ingredients

- ☐ 1 teaspoon cayenne

☐ 1½ cups chicken stock, warm

☐ 2 tablespoons whole coriander

☐ 2 tablespoons cumin seed
- ☐ 3 pounds whole free-range chicken , split (see directions below or have butcher split chicken for you)
see directions below or have butcher chicken

☐ 2 cinnamon sticks

☐ 1 cup couscous

☐ ¼ cup dried apricots, coarsely chopped

☐ ½ bunch chopped fresh cilantro leaves

☐ ¼ cup fresh mint leaves, roughly chopped

☐ 2 green onions, green parts only

☐ 1 lemon, juiced

☐ 6 servings Kosher salt and freshly ground black pepper

☐ ¼ cup olive oil

☐ 1½ cups plain yogurt

☐ 6 servings Salt and pepper

☐ 1 teaspoon sweet paprika

☐ ½ bunch fresh cilantro leaves, roughly chopped plus leaves for garnish

☐ ½ bunch fresh mint leaves

☐ 2 tablespoons honey

☐ 1 teaspoon kosher salt

☐ ½ teaspoon lemon zest

☐ 6 servings Extra-virgin olive oil

☐ 1 small red onion, small dice

☐ 2 scallions green parts only

☐ ¼ cup whole almonds toasted, coarsely chopped

EQUIPMENT Bowl, Frying pan, Sauce pan, Oven, Blender, Kitchen thermometer, Aluminum foil

Method

- 1 Watch how to make this recipe.
- 2 Toast cumin, coriander and cinnamon in a medium saucepan over low heat until fragrant. In a clean spice grinder or coffee grinder, blend spices until fine.
- 3 Add the toasted spices to a bowl with paprika and cayenne. Season with kosher salt. Stir in the olive oil and lemon juice.
- 4 Prepare chicken by splitting it down the back and removing the backbone, breast bone and rib cage.
- 5 Lay the chicken out flat and rub the blended spices all over. Marinate for up to 4 hours or overnight.
- 6 Preheat oven to 375 degrees F.
- 7 Heat a large cast iron skillet (or other heavy oven-proof pan) over medium-high heat. When hot, add a 2 count of extra-virgin olive oil and place the chicken skin side down in the pan. Cover it with a second cast iron pan (you could also use a more traditional foil-wrapped brick) immediately so the skin doesn't have time to contract. Reduce the heat to medium and cook for 10 to 15 minutes until chicken is golden brown and has a nice crust. Finish cooking in the oven for a further 20 to 25 minutes. Internal temperature between the leg and thigh should register 165 degrees F on an instant-read thermometer, when cooked through.
- 8 Serve with Mint Yogurt Dressing and Apricot Couscous.

- 9 While chicken is cooking, combine yogurt, cilantro, mint, green onions, honey, lemon juice, extra-virgin olive oil, and salt and pepper, to taste, in a blender. Blend until mixture is fully combined and has a smooth consistency.
- 10 In a medium saucepan add a 2 count of extra-virgin olive oil.
- 11 Add the red onion, apricots and almonds and saute gently over low heat until translucent and slightly fragrant.
- 12 Add the couscous then dump in the warm chicken broth. Stir with a fork to combine, add lemon zest and cover.
- 13 Let sit for 10 minutes, then uncover and add the scallions, mint, and cilantro. Fluff again with a fork. Season, to taste, with salt and pepper. Toss gently to combine.
- 14 Serve family-style on a large platter and garnish with fresh cilantro.

Nutrition per serving

699	30 g	46 g	43 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			9.7 g · 60% of daily needs
Fibre			4.4 g · 18% of daily needs
Sugar			14 g · 16% of daily needs
Sodium			783 mg · 34% of daily needs
Cholesterol			91.4 mg · 30% of daily needs
Vitamin C			8.8 mg · 11% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/brick-chicken-with-apricot-couscous-142940