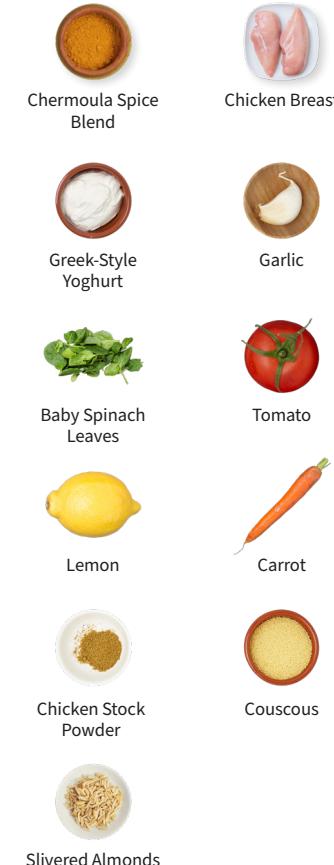




Quick Middle Eastern Chicken

with Carrot Couscous & Yoghurt

Grab your Meal Kit
with this symbol



Hands-on: 20-30 mins
 Ready in: 25-35 mins

Eat Me Early

Everyone will love the mild spices and colourful veggies in this chermoula chicken dish. With extra-special couscous and a side of creamy yoghurt, it's got something for everyone!

***Unfortunately, this week's cherry tomatoes were in short supply, so we've replaced it with tomatoes.
Don't worry, the recipe will be just as delicious!***

Pantry items
Olive Oil, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan · Medium saucepan with a lid

Ingredients

	2 People refer to method	4 People refer to method
olive oil*	2 cloves	4 cloves
chermoula spice blend	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
chicken breast	1 small packet	1 large packet
Greek-style yoghurt	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
baby spinach leaves	1 bag (30g)	1 bag (60g)
tomato	1	2
lemon	½	1
carrot	½	1
butter*	15g	30g
water*	¾ cup	1½ cups
chicken stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
slivered almonds	1 medium packet	1 large packet

*Pantry items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2788kJ (666Cal)	617kJ (147Cal)
Protein (g)	50.6g	11.2g
Fat, total (g)	28.3g	6.3g
- saturated (g)	8g	1.8g
Carbohydrate (g)	49.4g	10.9g
- sugars (g)	12.7g	2.8g
Sodium (mg)	1315mg	291mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Preheat oven to **200°C/180°C fan-forced**.
- In a medium bowl, combine **chermoula spice blend**, the **salt**, **chicken breast**, 1/3 of the **Greek-style yoghurt** and a drizzle of **olive oil**. Set aside.
- Finely chop **garlic**. Roughly chop **baby spinach leaves** and **tomato**. Cut **lemon** into wedges. Grate **carrot** (see ingredients).
- In a medium bowl, combine **tomato**, a drizzle of **olive oil** and a squeeze of **lemon juice**. Season with **salt** and **pepper** and toss to coat.



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat.
- Cook **chicken** until golden, **2-3 minutes** each side. Transfer to a lined oven tray and bake until cooked through, **8-12 minutes** (depending on thickness). Set aside to rest.



Cook the carrot couscous

- Meanwhile, melt **butter** with a drizzle of **olive oil** in a medium saucepan over a medium-high heat. Cook **carrot**, stirring, until softened, **2-3 minutes**. Add **garlic** and cook, stirring, until fragrant, **1 minute**. Add **water** and **chicken stock powder**. Bring to the boil.
- Add **couscous**, stir to combine, cover with a lid and remove from the heat. Set aside until water is absorbed, **5 minutes**. Fluff up with a fork.
- Stir through **baby spinach leaves** and **slivered almonds**. Add a squeeze of **lemon juice**, then season.



Serve up

- Slice Middle Eastern chicken.
- Divide carrot couscous between plates and top with chicken and tomato.
- Serve with remaining yoghurt and lemon wedges.

Enjoy!