



Quick Chermoula Chicken

with Couscous & Almonds

Grab your Meal Kit
with this symbol



Red Onion



Garlic



Zucchini



Baby Spinach Leaves



Chicken Thigh



Chermoula Spice Blend



Tomato Paste



Mango Chutney



Chicken Stock Powder



Couscous



Tomato



Mint



Greek-Style Yoghurt



Flaked Almonds

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

Calorie Smart

Eat me early

This tagine-inspired meal is created with succulent chicken cooked in rich spices, tomatoes and mango chutney. Teamed with couscous and veggies, it's every bit as delicious as it looks!

Pantry items

Olive Oil, White Wine Vinegar

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People refer to method	4 People refer to method
olive oil*		
red onion	1	2
garlic	2 cloves	4 cloves
zucchini	1	2
baby spinach leaves	1 bag (30g)	1 bag (60g)
chicken thigh	1 small packet	1 large packet
chermoula spice blend	1 sachet	2 sachets
tomato paste	1 packet	2 packets
mango chutney	1 packet (50g)	1 packet (100g)
water* (for the sauce)	½ cup	1
chicken stock powder	1 medium sachet	1 large sachet
water* (for the couscous)	¾ cup	1 ½ cups
couscous	1 medium packet	1 large packet
tomato	1	2
mint	1 bag	1 bag
white wine vinegar*	1 tsp	2 tsp
Greek-style yoghurt	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet

*Pantry items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2698kJ (644Cal)	421kJ (100Cal)
Protein (g)	46.7g	7.3g
Fat, total (g)	21.8g	3.4g
- saturated (g)	5.4g	0.8g
Carbohydrate (g)	59.8g	9.3g
- sugars (g)	22.7g	3.5g
Sodium (mg)	1130mg	176mg

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

Finely chop the **red onion**. Finely chop the **garlic**. Grate the **zucchini**. Roughly chop the **baby spinach leaves**.



Brown the chicken

Cut the **chicken thigh** into small chunks. In a bowl, combine 1/2 the **chermoula spice blend** and a drizzle of **olive oil**. Season with **salt** and **pepper**. Add the **chicken** and toss to coat. Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **chicken**, tossing, until just browned, **2-3 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Transfer to a bowl.

TIP: The chicken will continue cooking in step 3!



Make the sauce

Return the frying pan to a medium-high heat with a drizzle of **olive oil** if needed. Cook the **onion**, stirring, until softened, **3-4 minutes**. Add the **zucchini** and cook until softened, **2 minutes**. Add **tomato paste**, **mango chutney** and remaining **chermoula spice blend**. Cook, stirring, until fragrant, **2 minutes**. Add the **water (for the sauce)** and 1/2 the **chicken stock powder**. Return the **chicken** to the pan, stir, then reduce the heat to medium and simmer until thickened slightly, **10 minutes**. Season to taste.

TIP: Add an extra splash of water if the mixture is too thick!



Cook the couscous

While the sauce is simmering, add the **water (for the couscous)** and the remaining **chicken stock powder** to a medium saucepan. Bring to the boil and add the **couscous**. Stir to combine, cover with a lid and remove from the heat. Set aside until all the water has absorbed, **5 minutes**. Fluff the **couscous** up with a fork and stir through the **baby spinach**.



Dress the tomato

While the couscous is cooking, finely chop the **tomato**. Pick and roughly chop the **mint** leaves. In a large bowl, combine the **tomato**, **mint**, **white wine vinegar** and a drizzle of **olive oil**. Season to taste and toss to combine.



Serve up

Divide the spinach couscous and tagine-style chermoula chicken between bowls and top with the **Greek-style yoghurt** and a spoonful of the dressed tomatoes. Sprinkle with the **flaked almonds**.

Enjoy!