



Oven-Baked Chermoula Chicken

with Roasted Veggie Couscous & Lemon Yoghurt

Grab your Meal Kit with this symbol



Carrot



Zucchini



Lemon



Chermoula Spice Blend



Greek-Style Yoghurt



Chicken Thigh



Chicken-Style Stock Powder



Couscous



Tomato



Baby Spinach Leaves



Chicken Thigh

Prep in: **25-35 mins**
Ready in: **35-45 mins**

Calorie Smart*
**Custom recipe is not Calorie Smart*

Eat Me Early

If you're in the mood to let the oven do most of the chef work tonight, then you'll be glad you found this recipe. With the veggies and chicken baking to golden perfection in the oven, all you'll have to worry about is fluffing up little couscous grains and mixing together the lemon yoghurt!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Two oven trays lined with baking paper · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
zucchini	1	2
lemon	½	1
chermoula spice blend	1 medium sachet	2 medium sachets
Greek-style yoghurt	1 medium packet	1 large packet
chicken thigh	1 small packet	2 small packets OR 1 large packet
water*	¾ cup	1½ cups
chicken-style stock powder	1 medium sachet	2 medium sachets
couscous	1 packet	1 large packet
tomato	1	2
baby spinach leaves	1 small bag	1 medium bag
chicken thigh**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2058kJ (492Cal)	357kJ (85Cal)
Protein (g)	42.6g	7.4g
Fat, total (g)	12g	2.1g
- saturated (g)	3.8g	0.7g
Carbohydrate (g)	49.7g	8.6g
- sugars (g)	13.7g	2.4g
Sodium (mg)	1111mg	193mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2886kJ (689Cal)	389kJ (92Cal)
Protein (g)	73g	9.9g
Fat, total (g)	20.5g	2.8g
- saturated (g)	6.3g	0.9g
Carbohydrate (g)	49.7g	6.7g
- sugars (g)	13.7g	1.8g
Sodium (mg)	1213mg	164mg

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.

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Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **carrot** and **zucchini** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat.
- Roast until tender, **25-30 minutes**.



Get prepped

- Roughly chop **tomato** and **baby spinach leaves**.
- In a small bowl, combine the remaining **yoghurt** and a squeeze of **lemon juice**. Season to taste.



Prepare the chicken

- While veggies are roasting, zest **lemon** to get a pinch and slice into wedges.
- In a large bowl, combine **chermoula spice blend**, **lemon zest**, a squeeze of **lemon juice**, a pinch of **salt** and **pepper**, a drizzle of **olive oil** and a dollop of **Greek-style yoghurt**. Toss **chicken thigh** in the spiced yoghurt, until well coated.
- Transfer to a second lined oven tray and bake, until cooked through, **8-12 minutes**.

Custom Recipe: If you've doubled your chicken thigh, spread over two lined trays if your tray is getting crowded.



Bring it all together

- To the pan with the **couscous**, add roasted **veggies**, **tomato**, **baby spinach leaves** and a drizzle of **olive oil**. Season to taste.



Cook the couscous

- While the chicken is cooking, in a medium saucepan, add the **water** and **chicken-style stock powder** and bring to the boil.
- Add **couscous** and a drizzle of **olive oil**. Stir to combine, cover with a lid and remove from heat.
- Set aside until the water is absorbed, **5 minutes**. Fluff up with a fork.



Serve up

- Thickly slice chermoula chicken.
- Divide the roasted veggie couscous between plates and top with the chermoula chicken.
- Serve with a dollop of lemon yoghurt and any remaining lemon wedges. Enjoy!

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