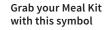


# Ras El Hanout Chicken & Wholemeal Carrot Couscous

with Lemony Salsa & Fetta-Yoghurt Sauce

DIETITIAN APPROVED











Chicken-Style Stock Powder





Tomato

Wholemeal Couscous







Yoghurt

Fetta Cubes





Hanout



Chicken Tenderloins



Prep in: 15-25 mins Ready in: 15-25 mins

Eat Me Early



Flavour-packed wholemeal carrot couscous meets ras el hanout-laced chicken for the meal of a lifetime. In true HF fashion, we have added a homemade lemony salsa and a fetta-yoghurt sauce to tie it all together!



**Pantry items** Olive Oil, Honey

## 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

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	2	4
water*	¾ cup	1½ cup
chicken-style stock powder	1 medium sachet	1 large sachet
wholemeal couscous	1 packet	2 packets
tomato	1	2
cucumber	1	2
lemon	1/2	1
Greek-style yoghurt	1 medium packet	1 large packet
fetta cubes	1 medium packet	1 large packet
ras el hanout	1 medium sachet	2 medium sachets
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
honey*	2 tsp	1 tbs
chicken tenderloins**	1 small packet	2 small packets OR 1 large packet

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

10.01.01011				
Avg Qty	Per Serving	Per 100g		
Energy (kJ)	2319kJ (554Cal)	371kJ (89Cal)		
Protein (g)	50.3g	8g		
Fat, total (g)	14g	2.2g		
- saturated (g)	4.8g	0.8g		
Carbohydrate (g)	51.2g	8.2g		
- sugars (g)	22.8g	3.6g		
Sodium (mg)	1003mg	160mg		
Dietary Fibre (g)	15.4g	2.5g		

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2319kJ (554Cal)	<b>371kJ</b> (89Cal)
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Sodium (mg)	1003mg	160mg

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.

#### We're here to help!

Scan here if you have any questions or concerns





## Cook wholemeal couscous

- Grate carrot.
- In a medium saucepan, heat a drizzle of olive oil over medium-high heat.
  Cook carrot, stirring, until softened, 2-3 minutes.
- Add the water and chicken-style stock powder and bring to the boil. Add wholemeal couscous and stir to combine. Cover with a lid and remove from the heat.
- Set aside until the water has absorbed, **5 minutes**. Fluff up with a fork.



## Cook chicken

- To a medium bowl, add ras el hanout and a drizzle of olive oil. Add chicken tenderloins, then toss to coat. Season.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook chicken tenderloins, until browned and cooked through, 3-4 minutes each side. In the last minute of cook time, add the honey and turn to coat.

TIP: Chicken is cooked through when it is no longer pink inside.

**Custom Recipe:** If you've doubled your chicken tenderloins, cook chicken tenderloins in batches for the best results, returning all chicken to the pan before adding the honey as above.



## Get prepped

- While couscous is cooking, roughly chop **tomato** and **cucumber**.
- Cut lemon into wedges.
- To a medium bowl, add tomato, cucumber, a good squeeze of lemon juice and a drizzle of olive oil. Season and toss to combine.
- In a small bowl, add Greek-style yoghurt and a drizzle of olive oil. Crumble in fetta cubes and stir combine. Season to taste.



## Serve up

- Divide wholemeal carrot couscous between bowls.
- Top with ras el hanout chicken, lemony salsa and fetta-yoghurt sauce.
- Serve with any remaining lemon wedges. Enjoy!



