



One-Pan Tandoori Chicken & Veggie Couscous

with Cucumber Raita & Flaked Almonds

NEW

Grab your Meal Kit with this symbol



Carrot



Cucumber



Chicken Breast



Mild North Indian Spice Blend



Tandoori Paste



Couscous



Chicken-Style Stock Powder



Baby Spinach Leaves



Greek-Style Yoghurt



Flaked Almonds



Haloumi

Prep in: 20-30 mins
Ready in: 20-30 mins

Calorie Smart

Eat Me Early

This tandoori paste is the talk of the town so when we add to this simple combo of chicken and veggie couscous, you'll be coming back for seconds (and thirds!).

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

Pantry items

Olive Oil, Butter, Vinegar (White Wine or Rice Wine)

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

Large frying pan with a lid (or foil)

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
cucumber	1	2
chicken breast	1 small packet	2 small packets OR 1 large packet
mild North Indian spice blend	1 medium sachet	1 large sachet
tandoori paste	1 packet	2 packets
couscous	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
water*	¾ cup	1½ cups
butter*	20g	40g
baby spinach leaves	1 small bag	1 medium bag
Greek-style yoghurt	1 medium packet	1 large packet
vinegar* (white wine or rice wine)	drizzle	drizzle
flaked almonds	1 medium packet	1 large packet
haloumi**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2140kJ (511Cal)	464kJ (111Cal)
Protein (g)	45.1g	9.8g
Fat, total (g)	13.2g	2.9g
- saturated (g)	3.1g	0.7g
Carbohydrate (g)	51.3g	11.1g
- sugars (g)	14.6g	3.2g
Sodium (mg)	1214mg	263mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2539kJ (607Cal)	658kJ (157Cal)
Protein (g)	28.2g	7.3g
Fat, total (g)	31.2g	8.1g
- saturated (g)	16.1g	4.2g
Carbohydrate (g)	52.5g	13.6g
- sugars (g)	15.5g	4g
Sodium (mg)	2165mg	561mg

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



1



Get prepped

- Thinly slice **carrot** into half-moons.
- Finely chop **cucumber**.
- Cut **chicken breast** into 2cm chunks.
- In a medium bowl, combine **mild North Indian spice blend**, **chicken**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**.

Custom Recipe: If you've swapped to haloumi, before preparing the veggies, cut haloumi into 1cm-thick slices. In a medium bowl, add haloumi and cover with water to soak. Drain haloumi and pat dry. In a medium bowl, combine mild North Indian spice blend, haloumi, a drizzle of olive oil and a pinch of salt and pepper. Prepare veggies as above.

3



Add the couscous

- Add **couscous**, **chicken-style stock powder**, the **water** and the **butter**. Stir to combine.
- Bring to the boil, cover with a lid or foil, then remove from heat. Set aside until liquid is absorbed and chicken is cooked through, **5 minutes**.
- When the couscous is ready, fluff up with a fork. Stir through **baby spinach leaves** until wilted. Season with **salt** and **pepper** to taste.

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

2



Cook the chicken & carrot

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **chicken** and **carrot**, stirring occasionally, until browned, **3-4 minutes** (it will finish cooking in step 3!).
- Stir in **tandoori paste**, until combined, **1 minute**.

TIP: The seasoning will char in the pan, this adds to the flavour!

Custom Recipe: Drain haloumi and pat dry. After carrot has cooked for 2 minutes, add haloumi to the pan and cook until golden brown, 1-2 minutes each side. Continue as above.

4



Make raita & serve up

- Meanwhile, in a small bowl, combine **Greek-style yoghurt**, cucumber and a drizzle of the **vinegar**. Season to taste with salt and pepper.
- Divide tandoori chicken & veggie couscous between bowls.
- Serve with cucumber raita. Sprinkle over **flaked almonds** to serve. Enjoy!

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