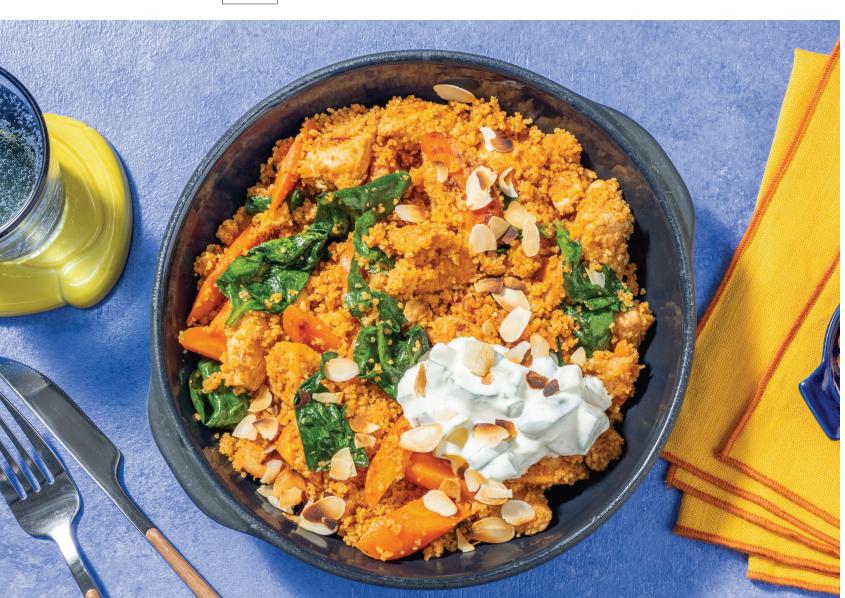


One-Pan Tandoori Chicken & Veggie Couscous

with Cucumber Raita & Flaked Almonds

NEW



Grab your Meal Kit with this symbol









Chicken Breast

Indian Spice Blend





Tandoori Paste





Chicken-Style Stock Powder

Baby Spinach



Greek-Style Yoghurt

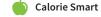


Flaked Almonds



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

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!).





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

ingi calcine				
	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		
* D				

^{*}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





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.



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.



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.



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!

Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate