



Ras-El Hanout Chicken & Wholemeal Carrot Couscous with Lemony Salsa & Fetta-Yoghurt Sauce

NEW

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Carrot



Chicken-Style Stock Powder



Wholemeal Couscous



Tomato



Cucumber



Lemon



Greek-Style Yoghurt



Fetta Cubes



Chicken Tenderloins



Ras El Hanout



Chicken Tenderloins

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

Calorie Smart*
**Custom Recipe is not Calorie Smart*

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!

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

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 packet	1 large packet
wholemeal couscous	1 packet	2 packets
tomato	1	2
cucumber	1	2
lemon	½	1
Greek-style yoghurt	1 medium packet	1 large packet
fetta cubes	1 medium packet	1 large packet
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
ras el hanout	1 sachet	2 sachets
honey*	2 tsp	1 tbs
chicken tenderloins**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2236kJ (534Cal)	403kJ (96Cal)
Protein (g)	49.9g	9g
Fat, total (g)	14g	2.5g
- saturated (g)	4.8g	0.9g
Carbohydrate (g)	46.6g	8.4g
- sugars (g)	18.4g	3.3g
Sodium (mg)	969mg	175mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2950kJ (705Cal)	410kJ (98Cal)
Protein (g)	86.5g	12g
Fat, total (g)	16.5g	2.3g
- saturated (g)	5.6g	0.8g
Carbohydrate (g)	46.6g	6.5g
- sugars (g)	18.4g	2.6g
Sodium (mg)	1039mg	144mg

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



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.

3



Cook chicken

- To a medium bowl, add **chicken tenderloins**, **ras el hanout** and a drizzle of **olive oil**. Season and toss to coat.
- 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 in batches for the best results, returning all chicken to the pan before adding the honey as above.

2



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 to combine. Season to taste.

4



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!

Rate your recipe

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