

# Chermoula Chicken & Wholemeal-Carrot Couscous

with this symbol

Grab your Meal Kit



DIETITIAN APPROVED

CLIMATE SUPERSTAR

with Lemony Salsa & Fetta-Yoghurt Sauce







Chicken-Style Stock Powder



Wholemeal Couscous



Tomato



Cucumber



Fetta Cubes

Chicken Thigh





Yoghurt



Chermoula Spice







Prep in: 15-25 mins Ready in: 20-30 mins

Eat Me Early



Flavour-packed wholemeal carrot couscous meets chermoula-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!



### 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	1	2
water*	¾ cup	1½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
wholemeal couscous	1 medium packet	2 medium 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
chermoula spice blend	1 medium sachet	1 large sachet
chicken thigh	1 small packet	2 small packets OR 1 large packet
honey*	½ tbs	1 tbs
chicken thigh**	1 small packet	2 small packets OR 1 large packet

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

#### Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2205kJ (527Cal)	435kJ (104Cal)
Protein (g)	49.9g	9.8g
Fat, total (g)	14.3g	2.8g
- saturated (g)	4.8g	0.9g
Carbohydrate (g)	44.1g	8.7g
- sugars (g)	15.1g	3g
Sodium (mg)	1293mg	255mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2919kJ (698Cal)	434kJ (104Cal)
Protein (g)	86.5g	12.9g
Fat, total (g)	16.8g	2.5g
- saturated (g)	5.6g	0.8g
Carbohydrate (g)	44.1g	6.6g
- sugars (g)	15.1g	2.2g
Sodium (mg)	1363mg	203mg

The quantities provided above are averages only.

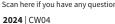
### Allergens

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
- Set aside until the water has absorbed, **5 minutes.** Fluff up with a fork.



#### Cook chicken

- To a medium bowl, combine chermoula spice blend and a drizzle of olive oil. Add chicken thigh, season and toss to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **chicken**, turning ocassionally, until browned and cooked through, 10-14 minutes. In the last minute of cook time, add the honey and turn

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

Custom Recipe: If you've doubled your chicken thigh, cook chicken 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.
- To a small bowl, add **Greek-style yoghurt** and a drizzle of **olive oil**. Crumble in **fetta cubes** and stir to combine. Season to taste.



# Serve up

- · Slice chicken if preferred.
- · Divide wholemeal carrot couscous between bowls.
- Top with chermoula chicken, lemony salsa and fetta-yoghurt sauce.
- · Serve with any remaining lemon wedges. Enjoy!



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

