



# Easy Chermoula Chicken & Wholemeal Couscous

with Lemony Salsa & Fetta-Yoghurt Sauce

CLIMATE SUPERSTAR

Grab your meal kit with this number

35



Carrot



Chicken-Style Stock Powder



Wholemeal Couscous



Tomato



Cucumber



Lemon



Greek-Style Yoghurt



Fetta Cubes



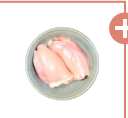
Chicken Thigh



Chermoula Spice Blend



Coriander



Chicken Thigh



Pork Loin Steak

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

Calorie Reduced

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!

### Pantry items

Olive Oil, Honey

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
<b>water*</b>	¾ cup	1½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
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 thigh	1 medium packet	2 medium packets OR 1 large packet
chermoula spice blend	1 medium sachet	1 large sachet
<b>honey*</b>	½ tbs	1 tbs
coriander	1 packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2213kJ (529Cal)	432kJ (103Cal)
Protein (g)	50g	9.8g
Fat, total (g)	14.4g	2.8g
- saturated (g)	4.8g	0.9g
Carbohydrate (g)	44.5g	8.7g
- sugars (g)	15.4g	3g
Sodium (mg)	1294mg	253mg
Dietary Fibre (g)	11.7g	2.3g

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Cook the 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 the chicken

- In a second medium bowl, add **chicken thigh**, **chermoula spice blend** 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**, turning occasionally, until browned and cooked through (when no longer pink inside), **10-14 minutes** each side. In the **last minute** of cook time, add the **honey** and turn to coat.

2



## Get prepped

- While couscous is cooking, roughly chop **tomato** and **cucumber**.
- Cut **lemon** into wedges.
- In 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.

4



## Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW25



CUSTOM  
OPTIONS



**DOUBLE CHICKEN THIGH**

Follow method above.



**SWAP TO PORK LOIN STEAK**

Cook pork until cooked through, 3-4 minutes each side. Rest before serving.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

