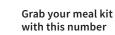


# Moroccan Honey-Glazed Chicken with Roast Veggie Couscous Salad & Yoghurt

CLIMATE SUPERSTAR









**Sweet Potato** 



Hanout

Carrot









Baby Spinach Leaves

Greek-Style Yoghurt







Prep in: 30-40 mins Ready in: 30-40 mins



Vibrant veggies and Moroccan spices combine to create this rich and colourful bowl. From the sweet currants, carrot and sweet potato in the couscous, to the succulent honey-glazed chicken and fresh Greek-style yoghurt, there's so much to love in this meal tonight!



Olive Oil, Plain Flour, Honey, Butter

## 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

Oven tray lined with baking paper  $\cdot$  Large frying pan  $\cdot$  Medium saucepan with a lid

## Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	1	2
chicken breast	1 medium packet	2 medium packets OR 1 large packet
plain flour*	1 tsp	2 tsp
ras el hanout	1 medium sachet	2 medium sachets
honey*	1 tsp	2 tsp
carrot	1/2	1
butter*	20g	40g
garlic paste	1 packet	2 packets
water*	¾ cup	1 ½ cups
salt*	1/4 tsp	½ tsp
currants	1 medium packet	1 large packet
couscous	1 medium packet	1 large packet
baby spinach leaves	1 small packet	1 medium packet
Greek-style yoghurt	1 medium packet	1 large packet

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2631kJ (629Cal)	579kJ (138Cal)
Protein (g)	48.3g	10.6g
Fat, total (g)	20.3g	4.5g
- saturated (g)	8.6g	1.9g
Carbohydrate (g)	62.3g	13.7g
- sugars (g)	21g	4.6g
Sodium (mg)	1058mg	233mg
Dietary Fibre (g)	7.4g	1.6g

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.



# Roast the sweet potato

- Preheat oven to 220°C/200°C fan-forced.
- Cut sweet potato into bite-sized chunks.
- Place sweet potato on a lined oven tray. Drizzle with olive oil, season with salt and pepper and toss to coat.
- Spread out in a single layer, then roast until tender, 20-25 minutes. Set aside to cool slightly.

**TIP:** If your oven tray is getting crowded, divide the sweet potato between two trays.



#### Cook the chicken

- Meanwhile, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks.
- In a large bowl, combine the plain flour, and ras el hanout. Add chicken steaks, tossing to coat
- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken until cooked through, 3-6 minutes each side (cook in batches if your pan is getting crowded).
- In the last 2 minutes, add the honey, turning chicken to coat.

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



#### Make the carrot couscous

- While chicken is cooking, grate carrot (see ingredients).
- In a medium saucepan, heat the butter with a drizzle of olive oil over medium-high heat. Cook carrot, stirring, until softened, 2-3 minutes.
- Add garlic paste and cook until fragrant,
  1 minute.
- Add the water, salt and currants. Bring to the boil, then add couscous. Stir to combine, then cover with a lid and remove from heat.
- Set aside until water is absorbed, 5 minutes.
  Fluff up with a fork.



## Prep the spinach

• While the couscous is cooking, roughly chop baby spinach leaves.



#### Finish the couscous

 To the saucepan with the carrot couscous, stir through the slightly cooled roasted veggies and baby spinach.

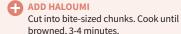


# Serve up

- Slice Moroccan honey-glazed chicken.
- Divide roast veggie couscous salad and chicken between bowls.
- Top with a dollop of Greek-style yoghurt to serve. Enjoy!







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

