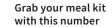


Quick Chermoula-Spiced Chicken with Carrot Couscous & Yoghurt

CLIMATE SUPERSTAR









Chermoula Spice Blend



Greek-Style Yoghurt



Tomato



Carrot







Garlic Paste

Baby Spinach Leaves



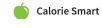
Flaked Almonds





Prep in: 20-30 mins Ready in: 25-35 mins

Eat Me Early



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

Large frying pan · Medium saucepan with a lid

Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
chicken breast	1 medium packet	2 medium packets OR 1 large packet
chermoula spice blend	1 medium sachet	1 large sachet
Greek-style yoghurt	1 medium packet	1 large packet
tomato	1	2
carrot	1/2	1
butter*	10g	20g
garlic paste	1 packet	2 packets
water*	¾ cup	1½ cups
salt*	1/4 tsp	½ tsp
couscous	1 medium packet	1 large packet
baby spinach leaves	1 small packet	1 medium packet
flaked almonds	1 medium packet	1 large packet
*Pantry Items		

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2285kJ (546cal)	283kJ (68cal)
Protein (g)	47g	5.8g
Fat, total (g)	18.6g	2.3g
- saturated (g)	5.8g	0.7g
Carbohydrate (g)	46g	5.7g
- sugars (g)	9.4g	1.2g
Sodium (mg)	1134mg	140.5mg
Dietary Fibre (g)	6.6g	0.8g

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.



Get prepped

- Place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks.
- In a medium bowl, combine chermoula spice blend, a pinch of salt and pepper, a drizzle of olive oil and ½ of the Greek-style yoghurt. Add chicken, turning to coat. Set aside.
- Roughly chop tomato. Grate carrot (see ingredients). Set aside.



Finish the couscous

- To saucepan, add the water and salt. Bring to the boil. Add couscous, stirring to combine. Cover with a lid, then remove from heat. Set aside until water is absorbed. 5 minutes.
- Meanwhile, in a second medium bowl, combine tomato and a drizzle of olive oil. Season with salt and pepper. Toss to coat. Set aside.
- Fluff up couscous with a fork, then stir through baby spinach leaves.
 Season to taste.



Cook the chicken & start the couscous

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook chicken steaks until browned and cooked through (when no longer pink inside), 3-6 minutes each side (cook in batches if your pan is getting crowded).
- Meanwhile, heat a medium saucepan over medium-high heat with the butter and a drizzle of olive oil. Cook carrot, stirring, until softened,
 2-3 minutes. Add garlic paste and cook, stirring until fragrant, 1 minute.



Serve up

- Slice chermoula-spiced chicken.
- Divide chicken and carrot couscous between plates.
- Top couscous with tomatoes.
- Serve with remaining yoghurt and sprinkle over **flaked almonds**. Enjoy!



