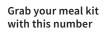


Spiced Honey-Glazed Chicken with Roast Veggie Couscous Salad & Yoghurt

CLIMATE SUPERSTAR









Sweet Potato





Paprika Spice

Carrot









Baby Spinach Leaves







Prep in: 25-35 mins Ready in: 30-40 mins

Eat Me Early







Protein Rich

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	
paprika spice blend	1 sachet	2 sachets	
honey*	1 tsp	2 tsp	
carrot	1/2	1	
butter*	20g	40g	
garlic paste	1 packet	2 packets	
water*	¾ cup	1½ cups	
salt*	1/4 tsp	½ tsp	
currants	1 medium sachet	1 large sachet	
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	

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2621kJ (626Cal)	577kJ (137Cal)
Protein (g)	47.6g	10.5g
Fat, total (g)	20.4g	4.5g
- saturated (g)	8.7g	1.9g
Carbohydrate (g)	61.2g	13.5g
- sugars (g)	20.3g	4.5g
Sodium (mg)	1063mg	234mg
Dietary Fibre (g)	7.5g	1.7g

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 paprika spice blend. Add chicken steaks, then turn 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.



Start the couscous

- While the 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, the 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

 Once the veggies have cooled, add the roasted veggies and spinach to the saucepan with the carrot couscous, gently stir through to combine.



Serve up

- · Slice spiced 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.

