



Spiced Honey-Glazed Chicken

with Roast Veggie Couscous Salad & Yoghurt

CLIMATE SUPERSTAR

Grab your meal kit with this number

1



Sweet Potato



Chicken Breast



Paprika Spice Blend



Carrot



Garlic Paste



Currants



Couscous



Baby Spinach Leaves



Greek-Style Yoghurt



Chicken Thigh



Chicken Breast

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

Calorie Smart

Protein Rich

Eat Me Early

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!

Pantry items

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 · Large frying pan · Medium saucepan with a lid

Ingredients

	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	½	1
butter*	20g	40g
garlic paste	1 packet	2 packets
water*	¾ cup	1½ cups
salt*	¼ 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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW40



1



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.

4



Prep the spinach

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

2



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.

5



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.

3



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.

6



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!

CUSTOM OPTIONS



SWAP TO CHICKEN THIGH

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.



DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.

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

