



Mediterranean-Spiced Chicken

with Carrot Couscous & Yoghurt

CLIMATE SUPERSTAR

Grab your meal kit with this number

2



Chicken Breast



Mediterranean Seasoning



Greek-Style Yoghurt



Tomato



Carrot



Garlic Paste



Chicken Stock Pot



Couscous



Baby Spinach Leaves



Flaked Almonds



Beef Strips



Chicken Breast

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

Calorie Smart

Eat Me Early

Protein Rich

Everyone will love the mild spices and colourful veg in this chicken dish. Complete with almond-adorned carrot couscous and tangy yoghurt, there's the perfect balance of flavours and textures with every bite.

Pantry items

Olive Oil, 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

Large frying pan · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
chicken breast	1 medium packet	2 medium packets OR 1 large packet
Mediterranean seasoning	1 sachet	2 sachets
Greek-style yoghurt	1 medium packet	1 large packet
tomato	1	2
carrot	½	1
butter*	10g	20g
garlic paste	1 packet	2 packets
water*	¾ cup	1½ cups
chicken stock pot	½ packet	1 packet
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 (584cal)	584kJ (149cal)
Protein (g)	47g	12g
Fat, total (g)	18.6g	4.8g
- saturated (g)	5.8g	1.5g
Carbohydrate (g)	46g	11.8g
- sugars (g)	9.4g	2.4g
Sodium (mg)	1134mg	290mg
Dietary Fibre (g)	6.6g	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.

1



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 **Mediterranean seasoning**, 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.

3



Finish the couscous

- To saucepan, add the **water** and **chicken stock pot** (see ingredients). 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**.
- While the couscous is cooking, combine **tomato** and a drizzle of **olive oil** in a second medium bowl. 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.

2



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.
- 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**.

TIP: Cook in batches if your pan is getting crowded.

4



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW49



CUSTOM OPTIONS



SWAP TO BEEF STRIPS

Cook in batches, tossing, until browned and cooked through, 1-2 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.

