



One-Pan Tandoori Chicken & Veggie Couscous

with Cucumber Raita & Flaked Almonds

CLIMATE SUPERSTAR

Grab your meal kit with this number

2



Carrot



Cucumber



Chicken Breast



Mild North Indian Spice Blend



Tandoori Paste



Couscous



Chicken Stock Pot



Baby Spinach Leaves



Greek-Style Yoghurt



Flaked Almonds



Haloumi



Peeled Prawns

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

Calorie Smart

Protein Rich

Eat Me Early

This tandoori paste is the talk of the town so when we add to this simple combo of chicken and veggie couscous, you'll be coming back for seconds (and thirds!).

Pantry items

Olive Oil, Butter, Vinegar (White Wine or Rice Wine)

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 with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
cucumber	1	2
chicken breast	1 medium packet	2 medium packets OR 1 large packet
mild North Indian spice blend	1 medium sachet	1 large sachet
tandoori paste	1 packet	2 packets
couscous	1 medium packet	1 large packet
chicken stock pot	½ packet	1 packet
water*	¾ cup	1½ cups
butter*	20g	40g
baby spinach leaves	1 small packet	1 medium packet
Greek-style yoghurt	1 medium packet	1 large packet
vinegar* (white wine or rice wine)	drizzle	drizzle
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2565kJ (613cal)	582kJ (132cal)
Protein (g)	47.2g	10.7g
Fat, total (g)	24.3g	5.5g
- saturated (g)	8.8g	2g
Carbohydrate (g)	50g	11.3g
- sugars (g)	12.5g	2.8g
Sodium (mg)	1198mg	271.7mg
Dietary Fibre (g)	6.4g	1.5g

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 | CW50



1



Get prepped

- Thinly slice **carrot** into half-moons.
- Finely chop **cucumber**.
- Cut **chicken breast** into 2cm chunks.
- In a medium bowl, combine **mild North Indian spice blend**, **chicken**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**.

3



Add the couscous

- Add **couscous**, **chicken stock pot** (see ingredients), the **water** and **butter**. Stir to combine.
- Bring to the boil, cover with a lid, then remove from heat. Set aside until liquid is absorbed and chicken is cooked through, **5 minutes**.
- When the couscous is ready, fluff up with a fork. Stir through **baby spinach leaves** until wilted. Season with **salt** and **pepper** to taste.
- Meanwhile, in a small bowl, combine **Greek-style yoghurt**, **cucumber** and a drizzle of the **vinegar**. Season to taste with salt and pepper.

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

CUSTOM OPTIONS



SWAP TO HALOUMI

Cut into bite-sized chunks. Cook until browned, 3-4 minutes. Set aside and stir through before serving.



SWAP TO PEELED PRAWNS

Cook, tossing, until pink and starting to curl up, 3-4 minutes. Set aside and stir through before serving.

2



Cook the chicken & carrot

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **chicken** and **carrot**, stirring occasionally, until browned, **3-4 minutes** (the chicken will finish cooking in step 3!).
- Stir in **tandoori paste**, until combined, **1 minute**.

TIP: The seasoning will char in the pan, this adds to the flavour!

4



Serve up

- Divide tandoori chicken and veggie couscous between bowls.
- Serve with cucumber raita and sprinkle over **flaked almonds** to serve. Enjoy!

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

