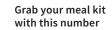


# One-Pan Tandoori Chicken & Veggie Couscous

with Cucumber Raita & Flaked Almonds

CLIMATE SUPERSTAR











Chicken Breast



Mild North Indian Spice Blend



Tandoori Paste





Chicken Stock



**Baby Spinach** Leaves



Greek-Style Yoghurt



Flaked Almonds





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

Eat Me Early



**Calorie Smart** 

**Protein Rich** 

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**

#### 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

9		
	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.



### 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.



## 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.



#### 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!



### Serve up

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

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



#### 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.

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

