



DINNER – CASABLANCA CHICKEN & ROAST VEGGIE MEDLEY
LUNCH – MOROCCAN CHICKEN & COUSCOUS BOWL

DINNER TO LUNCH

Cook once,
eat twice!

DINNER




LUNCH

-  Sweet Potato
-  Cauliflower
-  Red Onion
-  Garlic
-  Parsley
-  Lime
-  Baby Spinach Leaves
-  Greek Yoghurt
-  Chicken Breast
-  Souk Market Spice Blend
-  Fetta

FOR YOUR LUNCH

-  Couscous
-  Currants
-  Roasted Seed Mix
-  Chicken Stock

DINNER
 Hands-on: **40 mins**
 Ready in: **45 mins**

 Eat me early

LUNCH
 Ready in: **10 mins**

Cook once, eat twice! This recipe makes a tasty dinner, plus we've given you extra ingredients to transform the leftovers into a different and satisfying lunch for the next day. Start with a medley of roasted vegetables topped with mildly spiced chicken for dinner, then heat up a warm couscous chicken salad for lunch.

Pantry Staples: Olive Oil, Butter

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **large frying pan** • **two oven trays** lined with **baking paper**



1 ROAST THE VEGGIES

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm cubes. Cut the **cauliflower** into 1cm florets. Slice the **red onion** into 1cm wedges. Finely chop the **garlic** (or use a garlic press). Divide the veggies and **1/2** the garlic between two oven trays lined with baking paper. **Drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat, spread out in a single layer and roast for **25-30 minutes** or until golden and tender.



4 COOK THE CHICKEN

Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two steaks. In a medium bowl, combine the **salt**, **Souk Market spice blend** and a **drizzle** of **olive oil**. Add the chicken steaks and toss to coat. In a large frying pan, heat a **good drizzle** of olive oil over a medium-high heat. Add **1/2** the chicken steaks and cook for **3-5 minutes** on each side (depending on thickness), or until cooked through. Repeat with the remaining chicken.



2 MAKE THE GARLIC COUSCOUS

While the veggies are roasting, heat the **butter** and a **drizzle** of **olive oil** in a medium saucepan over a medium-high heat. Add the **remaining garlic** and cook, stirring, for **1 minute** or until fragrant. Add the **water**, **currants** and crumble in **1/2** a **chicken stock** cube. Bring to the boil. Add the **couscous**. Stir to combine, cover with a lid and remove from the heat. Set aside for **5 minutes**, or until all the water is absorbed. Fluff up with a fork and set aside, uncovered, until time to pack lunch.



5 SERVE UP DINNER

In a large bowl, toss the **roast veggies** with the **baby spinach leaves**. Reserve **2 portions** of the **roast veggie medley** and **2 portions** (4 steaks) of the **chicken** for lunch and set aside. Divide the remaining roast veggie medley between plates and crumble over the **fetta**. Top with the remaining chicken and drizzle with the **lime parsley yoghurt**.



3 CONTINUE PREPPING

Finely chop the **parsley**. Slice the **lime** into wedges. In a small bowl, combine the **Greek yoghurt** with a squeeze of lime, some of the parsley (reserve some for lunch) and a **pinch** of **salt** and **pepper**. Reserve the remaining lime for lunch.



6 MAKE LUNCH

When you're ready to pack lunch, stir the reserved **roast veggie medley** and **parsley** through the **couscous**. Divide between two microwave-safe containers. Top with the sliced **reserved chicken**. Divide the **roasted seed mix** and **lime** wedges between the containers. Refrigerate. At lunch, remove the lime and seeds and microwave the couscous and chicken for **2-3 minutes** or until heated through. Season with lime and sprinkle with seeds.

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
sweet potato	2	3
cauliflower	1 portion	2 portions
red onion	2	3
garlic	4 cloves	4 cloves
butter*	20 g	20 g
currants (optional)	1 packet	1 packet
water*	¾ cup	¾ cup
chicken stock	½ cube	½ cube
couscous	1 packet	1 packet
parsley	1 bag	1 bag
lime	1	2
Greek yoghurt	1 tub (100 g)	2 tubs (200 g)
chicken breast	1 large packet	1 small & 1 large packet
salt*	½ tsp	¾ tsp
Souk Market spice blend	2 sachets	3 sachets
baby spinach leaves	1 bag (120 g)	1 bag (180 g)
fetta	1 block (50 g)	1 block (100 g)
roasted seed mix	2 packets	2 packets

*Pantry Items

NUTRITION

DINNER	PER SERVING	Per 100G
Energy (kJ)	2360kJ (563Cal)	365kJ (87Cal)
Protein (g)	59.8g	9.3g
Fat, total (g)	21.0g	3.3g
- saturated (g)	9.1g	1.4g
Carbohydrate (g)	29.3g	4.5g
- sugars (g)	17.2g	2.7g
Sodium (g)	776mg	120mg

LUNCH	PER SERVING	Per 100G
Energy (kJ)	3410kJ (814Cal)	577kJ (138Cal)
Protein (g)	50.8g	8.6g
Fat, total (g)	33.0g	5.6g
- saturated (g)	10.1g	1.7g
Carbohydrate (g)	72.6g	12.3g
- sugars (g)	22.4g	3.8g
Sodium (g)	549mg	93mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo). Please call us with any questions or concerns | (02) 8188 8722 | Hello@HelloFresh.com.au