



# Easy Chermoula Chicken & Couscous

with Roasted Veggies & Dill-Parsley Mayo

Grab your Meal Kit with this symbol



Chopped Veggie Mix



Chicken Thigh



Greek-Style Yoghurt



Chermoula Spice Blend



Couscous



Chicken-Style Stock Powder



Cucumber



Lemon



Dill & Parsley Mayonnaise



Hands-on: 10-20 mins  
Ready in: 30-40 mins



Eat Me Early



Calorie Smart

Just one oven tray is all you need to make this succulent chicken, coated in yoghurt and our famous chermoula spice blend. Teamed with fluffy couscous and bright veggies, you can't go wrong with this plate of goodness.

## Pantry items

Olive Oil



## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Oven tray lined with baking paper

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
chopped veggie mix	1 medium bag	1 large bag
chicken thigh	1 small packet	1 large packet
Greek-style yoghurt	½ medium packet	1 medium packet
chermoula spice blend	1 sachet	2 sachets
couscous	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
boiling water*	¾ cup	1 ½ cup
cucumber	1	2
lemon	½	1
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2645kJ (632Cal)	549kJ (131Cal)
Protein (g)	40.4g	8.4g
Fat, total (g)	31.7g	6.6g
- saturated (g)	5.7g	1.2g
Carbohydrate (g)	43.4g	9g
- sugars (g)	10.5g	9g
Sodium (mg)	999mg	207mg

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](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Bake the chicken

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle.
- Place **chopped veggie mix, chicken thigh, Greek-style yoghurt** (see ingredients) and **chermoula spice blend** on a lined oven tray. Drizzle with **olive oil**, then toss to coat.
- Bake until golden and cooked through, **20-25 minutes**.

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

3



## Bring it all together

- Roughly chop **cucumber**. Cut **lemon** into wedges.
- Combine **couscous** with **cucumber**, a good squeeze of **lemon juice** and a drizzle of **olive oil**. Season with **salt** and **pepper**, tossing to coat.

2



## Cook the couscous

- Meanwhile, combine **couscous** and **chicken-style stock powder** in a medium bowl.
- Add the **boiling water** (see ingredients), then stir to combine. Cover with a plate and set aside for **5 minutes**, then fluff up with a fork.

4



## Serve up

- Divide **couscous** between plates.
- Top with **chermoula chicken** (plus any juices from the oven tray) and roasted veggies.
- Serve with **dill & parsley mayonnaise** and any remaining **lemon wedges**.

## Enjoy!