



Saucy Chermoula Coconut Chicken & Cauli-Rice with Baby Spinach & Almonds

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweet Potato



Zucchini



Garlic



Chicken Thigh



Cauliflower Rice



Baby Spinach Leaves



Chermoula Spice Blend



Coconut Milk



Chicken-Style Stock Powder



Flaked Almonds



Chicken Thigh

Prep in: 20-30 mins
Ready in: 30-40 mins



Carb Smart*
**Custom Recipe is not Carb Smart*



Eat Me Early

Our fluffy, pre-prepped cauli rice is the best alternative when you want to keep the carbs in check. Together with juicy chicken thigh chunks and crisp veggies, the creamy chermoula coconut sauce has the perfect base to soak all up!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	1	2
zucchini	1	2
garlic	2 cloves	4 cloves
chicken thigh	1 small packet	1 large packet
cauliflower rice	1 packet (250g)	1 packet (500g)
baby spinach leaves	1 small bag	1 medium bag
butter*	20g	40g
chermoula spice blend	1 medium sachet	1 large sachet
coconut milk	1 tin	2 tins
chicken-style stock powder	1 medium sachet	1 large sachet
flaked almonds	1 medium packet	1 large packet
chicken thigh**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1950kJ (466Cal)	346kJ (83Cal)
Protein (g)	39.5g	7g
Fat, total (g)	36g	6.4g
- saturated (g)	22.6g	4g
Carbohydrate (g)	24.7g	4.4g
- sugars (g)	12.6g	2.2g
Sodium (mg)	1155mg	205mg
Dietary Fibre (g)	8.6g	1.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2780kJ (664Cal)	381kJ (91Cal)
Protein (g)	69.9g	9.6g
Fat, total (g)	44.5g	6.1g
- saturated (g)	25.2g	3.5g
Carbohydrate (g)	24.7g	3.4g
- sugars (g)	12.6g	1.7g
Sodium (mg)	1256mg	172mg

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



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** and **zucchini** into bite-sized chunks.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.

2



Get prepped

- Meanwhile, finely chop **garlic**.
- Cut **chicken thigh** into 2cm chunks.

3



Cook the spinach-cauli rice

- When the veggies have **10 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **garlic** until fragrant, **1 minute**.
- Add **cauliflower rice** and cook, stirring, until softened, **2-4 minutes**.
- Add **baby spinach leaves** and the **butter** and cook until wilted and fragrant, **1-2 minutes**.
- Season to taste. Transfer to a bowl and cover to keep warm.

4



Cook the chicken

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **chicken**, tossing, until browned and cooked through, **5-6 minutes**.

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

Custom Recipe: If you've doubled your chicken thigh, cook chicken in batches for the best results.

5



Make the sauce

- Reduce heat to medium, then add **chermoula spice blend** and cook until fragrant, **1 minute**.
- Add **coconut milk**, **roasted veggies** and **chicken-style stock powder**, stirring, and cook until slightly thickened, **1-2 minutes**. Season to taste.

TIP: *Add a splash more water if the sauce looks too thick.*

6



Serve up

- Divide spinach-cauli rice between bowls.
- Top with chermoula coconut chicken and veggie stew.
- Sprinkle with **flaked almonds** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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