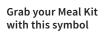


Saucy Chermoula Coconut Chicken & Cauli-Rice

with Baby Spinach & Almonds

NEW

CLIMATE SUPERSTAR







Sweet Potato





Garlic



Chicken Thigh



Cauliflower Rice



Baby Spinach



Chermoula Spice





Chicken-Style Stock Powder



Flaked Almonds



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

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!

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

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	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	
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*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.



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.



Get prepped

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



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.



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.



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



Serve up

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



Scan here if you have any questions or concerns







We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate