



# Quick Crumbed Chicken & Garlicky Yoghurt

with Roasted Veggies & Couscous

Grab your Meal Kit with this symbol



Zucchini



Carrot



Garlic



Greek-Style Yoghurt



Chicken-Style Stock Powder



Couscous



Aussie Spice Blend



Panko Breadcrumbs



Chicken Tenderloins



Baby Spinach Leaves



Mild Chorizo

Prep in: 20-30 mins  
Ready in: 25-35 mins

Calorie Smart\*  
\*Custom Recipe is not Calorie Smart

Eat Me Early

Consider plain chicken breast a thing of the past: in this recipe, your chicken gets gussied up in a gorgeous golden breadcrumb topping with complementary spices. You'll pan-fry it for a healthier alternative, then lay it on a bed of couscous and drizzle over garlicky yoghurt. Simple, satisfying, and supercharged with flavour—what more could you ask for?

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

### Pantry items

Olive Oil, Plain Flour, Egg, White Wine Vinegar

## 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 ·

Medium saucepan with a lid

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
zucchini	1	2
carrot	1	2
garlic	2 cloves	4 cloves
Greek-style yoghurt	1 medium packet	1 large packet
<b>water*</b>	¾ cup	1½ cup
chicken-style stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
<b>plain flour*</b>	1 tsp	2 tsp
Aussie spice blend	1 medium sachet	1 large sachet
<b>egg*</b>	1	2
panko breadcrumbs	1 medium packet	1 large packet
chicken tenderloins	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
<b>white wine vinegar*</b>	drizzle	drizzle
mild chorizo**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2616kJ (625Cal)	545kJ (130Cal)
Protein (g)	53.8g	11.2g
Fat, total (g)	13.9g	2.9g
- saturated (g)	3.6g	0.8g
Carbohydrate (g)	67.8g	14.1g
- sugars (g)	11.2g	2.3g
Sodium (mg)	1126mg	235mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4054kJ (969Cal)	670kJ (160Cal)
Protein (g)	79.5g	13.1g
Fat, total (g)	39.4g	6.5g
- saturated (g)	12.9g	2.1g
Carbohydrate (g)	70.2g	11.6g
- sugars (g)	13.6g	2.2g
Sodium (mg)	2551mg	422mg

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

## We're here to help!

Scan here if you have any questions or concerns



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## Roast the veggies & make garlic yoghurt

- Preheat oven to **240°C/220°C fan-forced**. Cut **zucchini** and **carrot** into thin rounds. Place veggies on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.
- Meanwhile, finely chop **garlic**.
- In a large frying pan, heat a drizzle of **olive oil** and **garlic** over medium-high heat. Cook until fragrant, **1 minute**. Transfer to a small bowl.
- Add **Greek-style yoghurt** to **garlic oil mixture** and combine. Season to taste.

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## Cook the chicken

- In a shallow bowl, combine a pinch of **salt**, **plain flour**, **Aussie spice blend** and a good pinch of **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, add **panko breadcrumbs**. Dip **chicken tenderloins** into **Aussie spice blend mixture**, followed by the **egg**, and finally in **breadcrumbs**.
- Return the frying pan to medium-high heat with enough **olive oil** to coat the base of the pan.
- Cook **crumbed chicken** in batches until golden and cooked through (when no longer pink inside), **3-4 minutes** each side. Transfer to a paper towel-lined plate.

**TIP:** Add extra oil if needed so the crumbed chicken doesn't stick to the pan!

2



## Cook the couscous

- Meanwhile, in a medium saucepan, combine the **water** and **chicken-style stock powder** and bring to the boil.
- Add **couscous** and stir to combine. Cover with a lid and remove from heat.
- Set aside until the water is absorbed, **5 minutes**. Fluff up with a fork.

**Custom Recipe:** If you've added chorizo, roughly chop mild chorizo. Before commencing step 3, bring large frying pan to medium-high heat with a drizzle of olive oil. Cook chorizo until golden, 8 minutes. Transfer to a bowl.

4



## Serve up

- To the saucepan with the couscous, add the roasted veggies, **baby spinach leaves**, a drizzle of **white wine vinegar** and a generous drizzle of olive oil.
- Toss to combine and season to taste.
- Divide crumbed chicken and veggie couscous between plates.
- Drizzle with garlic yoghurt to serve. Enjoy!

**Custom Recipe:** Stir cooked chorizo through couscous with veggies.

## Rate your recipe

Did we make your tastebuds happy?

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