



Middle Eastern Chicken

with Carrot Couscous & Yoghurt

Grab your Meal Kit with this symbol



Chermoula Spice Blend



Chicken Breast



Greek-Style Yoghurt



Garlic



Baby Spinach Leaves



Tomato



Lemon



Carrot



Slivered Almonds



Chicken Stock



Couscous



Hands-on: 20-30 mins
Ready in: 25-35 mins



Calorie Smart



Eat me early

Everyone will love the mild spices and colourful veggies in this chermoula chicken dish. With extra-special couscous and a side of creamy yoghurt, it's got something for everyone!

Unfortunately, this week's cherry tomatoes were in short supply, so we've replaced them with tomato. Don't worry, the recipe will be just as delicious!

Pantry items

Olive Oil, Butter

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

Large frying pan · Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
chermoula spice blend	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
chicken breast	1 small packet	1 large packet
Greek-style yoghurt	1 packet (100g)	1 packet (200g)
garlic	2 cloves	4 cloves
baby spinach leaves	1 bag (30g)	1 bag (60g)
tomato	1	2
lemon	½	1
carrot	½	1
slivered almonds	1 packet	2 packets
butter*	15g	30g
water*	¾ cup	1½ cups
chicken stock	1 cube	2 cubes
couscous	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2298kJ (549Cal)	523kJ (125Cal)
Protein (g)	47g	10.7g
Fat, total (g)	18.1g	4.1g
- saturated (g)	7.4g	1.7g
Carbohydrate (g)	46g	10.5g
- sugars (g)	11.2g	2.5g
Sodium (mg)	734mg	167mg

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.



Get prepped

Preheat the oven to **200°C/180°C fan-forced**. In a medium bowl, combine the **chermoula spice blend**, the **salt**, **chicken breast**, 1/3 of the **Greek-style yoghurt** and a drizzle of **olive oil**. Set aside. Finely chop the **garlic**. Roughly chop the **baby spinach leaves** and **tomato**. Cut the **lemon** into wedges. Grate the **carrot** (see ingredients).



Cook the couscous

While the chicken is baking, melt the **butter** with a drizzle of **olive oil** in a medium saucepan over a medium-high heat. Add the **carrot** and cook, stirring, until softened, **2-3 minutes**. Add the **garlic** and cook, stirring, until fragrant, **1 minute**. Add the **water** and crumbled **chicken stock** (1 cube for 2 people / 2 cubes for 4 people). Bring to the boil. Add the **couscous**, stir to combine, cover with a lid and remove from the heat. Set aside until the water is absorbed, **5 minutes**.



Toast the almonds

Heat a large frying pan over a medium-high heat. Toast the **slivered almonds**, tossing, until golden, **3-4 minutes**. Transfer to a small bowl.



Finish the sides

In a medium bowl, combine the **tomato**, a drizzle of **olive oil** and a squeeze of **lemon juice**. Season generously with **salt** and **pepper** and toss to coat. Fluff the **couscous** up with a fork and stir through the **baby spinach leaves** and **toasted almonds**. Add a generous squeeze of **lemon juice**, then season.



Cook the chicken

Return the pan to a medium-high heat with a drizzle of **olive oil**. Cook the **chicken** until golden, **2-3 minutes** each side. Transfer the **chicken** to a lined oven tray and bake until cooked through, **8-12 minutes** (depending on thickness). Set aside to rest.

TIP: Chicken is cooked through when it's no longer pink in the centre.

TIP: Don't worry if the yoghurt chars in the pan, this just adds more flavour!



Serve up

Slice the Middle Eastern chicken. Divide the carrot couscous between plates and top with the chicken and tomato. Serve with the remaining yoghurt and lemon wedges.

Enjoy!