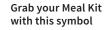


Moroccan Honey-Glazed Chicken with Roast Veggie Couscous Salad & Yoghurt

CUSTOMER FAVOURITE

CLIMATE SUPERSTAR









Sweet Potato







Carrot

Garlic Paste





Chicken-Style Stock Powder







Currants

Couscous

Baby Spinach





Yoghurt

Chicken Breast





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

Eat Me Early



Vibrant veggies and Moroccan spices combine to create this rich and colourful bowl. From the sweet currants, carrot and sweet potato in the couscous, to the succulent honey-glazed chicken and subtle tartness of the yoghurt, there's so much to love in this meal tonight!

Pantry items

Olive Oil, Plain Flour, Honey, 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

Oven tray lined with baking paper · Large frying pan · Medium saucepan with a lid

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
sweet potato	1	2		
chicken breast	1 small packet	1 large packet		
plain flour*	1 tsp	2 tsp		
ras el hanout	1 medium sachet	1 large sachet		
salt*	1/4 tsp	½ tsp		
honey*	1 tsp	2 tsp		
carrot	1/2	1		
butter*	20g	40g		
garlic paste	1 packet	2 packets		
water*	¾ cup	1 ½ cups		
chicken-style stock powder	1 medium sachet	1 large sachet		
currants	1 medium packet	1 large packet		
couscous	1 medium packet	1 large packet		
baby spinach leaves	1 small bag	1 medium bag		
Greek-style yoghurt	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)	2661kJ (636Cal)	586kJ (140Cal)
Protein (g)	44.4g	9.8g
Fat, total (g)	23g	5.1g
- saturated (g)	9.4g	2.1g
Carbohydrate (g)	61.8g	13.6g
- sugars (g)	20.5g	4.5g
Sodium (mg)	1078mg	237mg
Custom Pacina		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2732kJ (653Cal)	601kJ (144Cal)
Protein (g)	41.6g	9.2g
Fat, total (g)	26.2g	5.8g
- saturated (g)	10.4g	2.3g
Carbohydrate (g)	61.8g	13.6g
- sugars (g)	20.5g	4.5g
Sodium (mg)	1091mg	240mg

The quantities provided above are averages only.

Allergens

2023 | CW05

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.

We're here to help!

Scan here if you have any questions or concerns





Roast the sweet potato

- See 'air fryer tips' (below). Preheat oven to 220°C/200°C fan-forced.
- · Cut sweet potato into bite-sized chunks.
- Place sweet potato on a lined oven tray. Drizzle with olive oil, season with salt and pepper and toss to coat.
- · Spread out in a single layer, then roast until tender, 20-25 minutes. Set aside to cool slightly.

TIP: If your oven tray is getting crowded, divide the sweet potato between two trays.



Cook the chicken

- Meanwhile, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks.
- In a large bowl, combine the **plain flour**, ras el hanout and the salt. Add chicken steaks and turn to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook chicken until cooked through, **3-6 minutes** each side (cook in batches if your pan is getting crowded).
- In the last 2 minutes, add the honey, turning chicken to coat.

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

Custom Recipe: If you've swapped to chicken thigh, flavour the chicken and prep the pan as above. Cook chicken, turning occasionally, until browned and cooked through, 10-14 minutes. In the last 2 minutes, add the honey, as above.



Make the carrot couscous

- · While chicken is cooking, grate carrot (see ingredients). In a medium saucepan, heat the **butter** with a drizzle of **olive oil** over medium-high heat. Cook carrot, stirring, until softened, 2-3 minutes.
- Add garlic paste and cook until fragrant, 1 minute.
- Add the water, chicken-style stock powder and **currants**. Bring to the boil, then add **couscous**. Stir to combine, then cover with a lid and remove
- Set aside until water is absorbed, 5 minutes. Fluff up with a fork.



Prep the spinach

· While the couscous is cooking, roughly chop baby spinach leaves.



Finish the couscous

· To the saucepan with the carrot couscous, stir through the slightly cooled roasted veggies and the baby spinach.



Serve up

- · Slice Moroccan honey-glazed chicken.
- Divide roast veggie couscous salad between bowls. Top with chicken.
- Serve with a dollop of Greek-style yoghurt. Enjoy!

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Use an air fryer!

- 1. Set your air fryer to 200°C. Prep and season sweet potato as above.
- 2. Place sweet potato evenly into the air fryer basket and cook for 10 minutes.
- 3. Shake the basket, then cook until tender, a further 5-10 minutes.