



# Moroccan Honey-Glazed Chicken

with Roast Veggie Couscous Salad & Yoghurt

CUSTOMER FAVOURITE

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweet Potato



Ras El Hanout



Carrot



Garlic Paste



Chicken-Style Stock Powder



Currants



Couscous



Baby Spinach Leaves



Greek-style Yoghurt



Chicken Breast



Chicken Thigh

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

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

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!

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

### 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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet potato	1	2
chicken breast	1 small packet	1 large packet
<b>plain flour*</b>	1 tsp	2 tsp
ras el hanout	1 medium sachet	1 large sachet
<b>salt*</b>	¼ tsp	½ tsp
<b>honey*</b>	1 tsp	2 tsp
carrot	½	1
<b>butter*</b>	20g	40g
garlic paste	1 packet	2 packets
<b>water*</b>	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 Recipe

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

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



## 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.



## Prep the spinach

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

### 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.



## 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.



## Finish the couscous

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



## 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 from heat.
- Set aside until **water** is absorbed, **5 minutes**. Fluff up with a fork.



## 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!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)