

Oven-Baked Spiced Chicken

with Roasted Veggie Couscous & Yoghurt

CLIMATE SUPERSTAR

Grab your meal kit with this number

42



Carrot



Zucchini



Nan's Special Seasoning



Greek-Style Yoghurt



Chicken Thigh



Chicken Stock Pot



Couscous



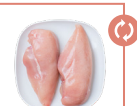
Tomato



Baby Spinach Leaves



Chicken Thigh



Chicken Breast

Prep in: 25-35 mins
Ready in: 35-45 mins

Calorie Smart

Protein Rich

Eat Me Early

If you're in the mood to let the oven do most of the chef work tonight, then you'll be glad you found this recipe. With the veggies and chicken baking to golden perfection in the oven, all you'll have to worry about is fluffing up little couscous grains and topping with some tangy yoghurt!

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Two oven trays lined with baking paper · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
zucchini	1	2
Nan's special seasoning	1 medium sachet	2 medium sachets
Greek-style yoghurt	1 medium packet	1 large packet
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
water*	¾ cup	1½ cups
chicken stock pot	½ packet	1 packet
couscous	1 medium packet	1 large packet
tomato	1	2
baby spinach leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1975kJ (472cal)	197kJ (47cal)
Protein (g)	42.1g	4.2g
Fat, total (g)	12.1g	1.2g
- saturated (g)	3.9g	0.4g
Carbohydrate (g)	46.6g	4.7g
- sugars (g)	10.9g	1.1g
Sodium (mg)	1094mg	109.2mg
Dietary Fibre (g)	6.3g	0.6g

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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW47



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **carrot** and **zucchini** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle over some **olive oil** and season with **salt** and **pepper**. Toss to coat.
- Roast until tender, **25-30 minutes**.



Get prepped

- Meanwhile, roughly chop **tomato** and **baby spinach leaves**.



Bake the chicken

- While the veggies are roasting, in a large bowl, combine **Nan's special seasoning**, a pinch of **salt** and **pepper**, a drizzle of **olive oil** and a dollop of **Greek-style yoghurt**.
- Toss **chicken thigh** in the **spiced yoghurt** until well coated.
- Transfer **chicken** to a second lined oven tray and bake, until cooked through, **8-12 minutes**.

TIP: Chicken is cooked through when it is no longer pink inside!



Bring it all together

- To the pan with the couscous, add **roasted veggies, tomato, spinach** and a drizzle of **olive oil** and **white wine vinegar**. Season to taste.



Cook the couscous

- While the chicken is cooking, in a medium saucepan, add the **water** and **chicken stock pot (see ingredients)** and bring to the boil.
- Add **couscous** and a drizzle of **olive oil**. 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.



Serve up

- Thickly slice spiced chicken.
- Divide the roasted veggie couscous between plates.
- Top with oven-baked spiced chicken and drizzle over the remaining yoghurt to serve. Enjoy!

CUSTOM OPTIONS

+ **DOUBLE CHICKEN THIGH**
Follow method above.

↻ **SWAP TO CHICKEN BREAST**
Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

