

Easy Aussie Baked Chicken & Couscous Salad

with Roasted Almonds

Grab your Meal Kit with this symbol



Red Onion



Chicken Thigh



Greek-Style Yoghurt



Aussie Spice Blend



Couscous



Chicken Stock



Cucumber



Tomato



Lemon




Spinach & Rocket Mix



Roasted Almonds

 Hands-on: 10-20 mins
Ready in: 30-40 mins

 Calorie Smart

 Eat me early

Just one oven tray is all you need to make this succulent chicken coated in yoghurt and our famous Aussie spice blend. Teamed with fluffy couscous and bright veggies, this bowl of goodness will be your favourite go-to salad.

Pantry items

Olive Oil

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1	2
chicken thigh	1 small packet	1 large packet
Greek-style yoghurt	1 packet (100g)	1 packet (200g)
Aussie spice blend	1 sachet	2 sachets
couscous	1 packet	2 packets
chicken stock	1 cube	2 cubes
boiling water*	¾ cup	1½ cups
cucumber	1	2
tomato	1	2
lemon	½	1
spinach & rocket mix	1 bag (30g)	1 bag (60g)
roasted almonds	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2683kJ (641Cal)	479kJ (114Cal)
Protein (g)	47.4g	8.5g
Fat, total (g)	24.7g	4.4g
- saturated (g)	5.5g	1g
Carbohydrate (g)	52.6g	9.4g
- sugars (g)	16.7g	3g
Sodium (mg)	1025mg	183mg

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.

1



Flavour the chicken

Preheat the oven to **240°C/220°C fan-forced**. Boil the kettle. Slice the **red onion** into wedges. Place the **onion, chicken thigh**, a dollop of **Greek-style yoghurt**, a drizzle of **olive oil** and **Aussie spice blend** on a lined oven tray. Toss to coat. Bake the **chicken** until golden and cooked through, **20-25 minutes**.

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

3



Bring it together

While the couscous is cooking, roughly chop the **cucumber** and **tomato**. Cut the **lemon** into wedges. Just before serving, add the **tomato, cucumber, spinach & rocket mix**, a good squeeze of **lemon** juice and a drizzle of **olive oil** to the **couscous**. Toss to combine.

2



Cook the couscous

While the chicken is baking, place **couscous** in medium bowl and crumble over the **chicken stock** (1 cube for 2 people / 2 cubes for 2 people). Add the **boiling water** (see ingredients) to the **couscous** and stir to combine. Immediately cover with a plate and leave for **5 minutes**. Fluff up with a fork and set aside.

4



Serve up

Divide the couscous salad between bowls. Top with the baked chicken (plus any juices from the oven tray), onion, remaining yoghurt and **roasted almonds**. Serve with any remaining lemon wedges.

Enjoy!