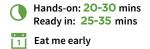


# Baked Chermoula Chicken

with Carrot Couscous & Tomato Salad



Pantry items Olive Oil, Butter



Who doesn't like a bit of char on their chicken? This one gets a generous coating of our punchy chermoula spice blend before getting golden in a frying pan. Finish it off in the oven so you have the most succulent result that pairs beautifully with our veggie-packed couscous.

## 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 · Oven tray lined with baking paper • Medium saucepan with a lid

#### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
Greek yoghurt	<b>1 packet</b> (100g)	<b>1 packet</b> (200g)
chermoula spice blend	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
chicken breast	1 small packet	1 large packet
garlic	2 cloves	4 cloves
baby spinach leaves	1 bag (30g)	1 bag (60g)
tomato	1	2
cucumber	1	2
lemon	1/2	1
carrot	1/2	1
slivered almonds	1 packet	2 packets
butter*	20g	40g
water*	¾ cup	1½ cups
chicken stock	1 cube	2 cubes
couscous	1 packet	2 packets

\*Pantry Items

#### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2973kJ (710Cal)	562kJ (134Cal)
Protein (g)	47g	8.9g
Fat, total (g)	34.1g	6.4g
- saturated (g)	10.9g	2.1g
Carbohydrate (g)	48.5g	9.2g
- sugars (g)	13g	2.5g
Sodium (mg)	1234mg	233mg

#### 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. Get prepped

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



## 2. Toast the slivered almonds

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



# 3. Cook the chicken

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

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



#### 4. Cook the carrot 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, then cover with a lid and set aside until the water is absorbed, **5 minutes**.



## 5. Finish the sides

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



## 6. Serve up

Thickly slice the chermoula chicken. Divide the carrot couscous between plates and top with the chicken and tomato salad. Spoon over a dollop of the remaining Greek yoghurt and serve with any remaining lemon wedges.

# **Enjoy!**

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