



Baked Chermoula Chicken

with Carrot Couscous & Tomato Salad

Grab your Meal Kit with this symbol



Greek Yoghurt



Chermoula Spice Blend



Chicken Breast



Garlic



Baby Spinach Leaves



Tomato



Cucumber



Lemon



Carrot



Slivered Almonds



Chicken Stock



Couscous

Hands-on: **20-30 mins**
 Ready in: **25-35 mins**

Eat me early

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.

Pantry items

Olive Oil, 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

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	1 packet (100g)	1 packet (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	½	1
carrot	½	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](https://www.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**).



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**.



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.



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.



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.



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!