



Moroccan Chicken with Veggie Couscous & Fetta

FRESH & FAST

Box to plate: 15 mins

Eat me early

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 2083kJ (497Cal) | Protein 48.7g | Fat, total 18.1g - saturated 4.2g | Carbohydrate 31.9g - sugars 8.4g | Sodium 1134mg
Calorie Smart

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2021 | WK10 | W

Get ready

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'll need

(along with the basics)

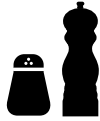


Large Frying Pan

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

	2P	4P
Chicken Tenderloins	1 small pkt	1 large pkt
Couscous with Roasted Vegetables	1 medium pkt	1 large pkt
Garlic Sauce	1 pkt (50g)	1 pkt (100g)
Fetta Cubes	1 small pkt	1 medium pkt

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. Sizzle



Chermoula Spice Blend



Chicken Tenderloins



Cherry Tomatoes



Lime

2. Toss



Couscous with Roasted Vegetables



Baby Spinach Leaves

3. Serve



Dill



Garlic Sauce



Fetta Cubes

- Combine **spice blend** and **chicken** in a bowl. Drizzle with **olive oil**, season and toss
- Heat **oil** in a frying pan over medium-high heat
- Cook **chicken** until cooked through, **3-4 mins** each side
- Transfer to a plate and set aside
- Halve **tomatoes** and **lime**

- Return frying pan to a medium-high heat with a drizzle of **oil**
- Add **couscous** and toss until heated, **1 min**
- Remove from heat and stir through **spinach, tomatoes** and a good squeeze of **lime juice**
- Season to taste

- Roughly chop **dill**
- Plate up **couscous** and **chicken**
- Serve with **garlic sauce**, crumbled **fetta** and **dill**

