



Moroccan Honey-Glazed Chicken

with Jewelled Carrot Couscous & Lemon Yoghurt

Grab your Meal Kit with this symbol



Red Onion



Peeled & Chopped Pumpkin



Ras El Hanout



Chicken Thigh



Carrot



Garlic



Chicken Stock



Currants



Couscous



Baby Spinach Leaves



Lemon



Mint



Greek Yoghurt

Hands-on: **30-40** mins
Ready in: **30-40** mins

Eat me early

Calorie Smart

Vibrant veggies and Moroccan spices combine to create this rich and colourful bowl. From the sweet currants in the couscous, to the succulent honey-glazed chicken and lemony yoghurt, there's so much to love in this meal tonight!

Pantry items

Olive Oil, Plain Flour, Honey, 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

Oven tray lined with baking paper · Large frying pan
· Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1	2
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
plain flour*	1 tsp	2 tsp
ras el hanout	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
chicken thigh	1 small packet	1 large packet
honey*	1 tsp	2 tsp
carrot	½	1
garlic	2 cloves	4 cloves
butter*	20g	40g
water*	¾ cup	1½ cup
chicken stock	1 cube	2 cubes
currants	1 sachet	2 sachets
couscous	1 packet	2 packets
baby spinach leaves	1 bag (30g)	1 bag (60g)
lemon	½	1
mint	1 bunch	1 bunch
Greek yoghurt	1 packet (100g)	1 packet (200g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2718kJ (649Cal)	473kJ (113Cal)
Protein (g)	43.5g	7.6g
Fat, total (g)	22.9g	4g
- saturated (g)	8.8g	1.5g
Carbohydrate (g)	61.5g	10.7g
- sugars (g)	25.3g	4.4g
Sodium (mg)	890mg	155mg

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. Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **red onion** into 2cm wedges. Place the **onion** and **peeled & chopped pumpkin** on the oven tray lined with baking paper. **Drizzle** with **olive oil** and season with **salt** and **pepper**. Spread in a single layer and roast until tender, **20-25 minutes**.



4. Make the lemon yoghurt

While the carrot couscous is cooking, roughly chop the **baby spinach leaves**. Zest the **lemon** to get a **pinch**, then slice into wedges. Pick and roughly chop the **mint**. In a small bowl, combine the **Greek yoghurt** and a **squeeze** of **lemon juice**. Season to taste.



2. Cook the chicken

While the veggies are roasting, combine the **plain flour**, **ras el hanout** and the **salt** in a large bowl. Add the **chicken thigh** and toss to coat. In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **chicken thigh** and cook, turning occasionally, until browned and cooked through, **10-14 minutes**. In the last **2 minutes** of cook time, add the **honey** to the pan. Turn occasionally until the **chicken** is glazed.

TIP: The chicken is cooked through when it's no longer pink in the middle.



5. Finish the couscous

In a large bowl, combine the **carrot couscous**, **roasted veggies**, **baby spinach**, **lemon zest** and **mint** (reserve some for garnish).



3. Make the carrot couscous

While the chicken is cooking, grate the **carrot** (see **ingredients list**). Finely chop the **garlic** (or use a garlic press). 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**, crumbled **chicken stock** (**1 cube for 2 people / 2 cubes for 4 people**) and **currants**. Bring to the boil. Add the **couscous**, stir to combine then cover with a lid and remove from the heat. Set aside until the water is absorbed, **5 minutes**. Fluff up with a fork.



6. Serve up

Thickly slice the Moroccan honey-glazed chicken. Divide the roasted veggie couscous between bowls and top with the chicken. Top with the lemon yoghurt and garnish with the reserved mint to serve.

Enjoy!