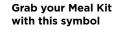


# Moroccan Honey-Glazed Chicken

with Jewelled Carrot Couscous & Lemon Yoghurt













**Chicken Thigh** 

Ras El Hanout



Carrot





Currants

**Chicken Stock** 





Baby Spinach Leaves





**Greek Yoghurt** 

**Pantry items** 

Olive Oil, Plain Flour, Honey, Butter

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

**Calorie Smart** 



Eat me early

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!

## 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  $\cdot$  Large frying pan  $\cdot$  Medium saucepan with a lid

## **Ingredients**

ingrealents			
	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*	1/4 tsp	½ tsp	
chicken thigh	1 small packet	1 large packet	
honey*	1 tsp	2 tsp	
carrot	1/2	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	1/2	1	
mint	1 bunch	1 bunch	
Greek yoghurt	1 packet (100g)	1 packet (200g)	

<sup>\*</sup>Pantry Items

#### **Nutrition**

	Per Serving	Per 100g
Energy (kJ)	2718kJ (649Cal)	<b>473kJ</b> (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 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.



### 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.



#### 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 mediumhigh 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.



# 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.



## 5. Finish the couscous

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



# 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!**