



# Moroccan Honey-Glazed Chicken

with Jewelled Carrot Couscous & Mint 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



Mint



Greek-Style Yoghurt

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

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 mint 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           | 1 ½ cup         |
| chicken stock            | 1 cube          | 2 cubes         |
| currants                 | 1 packet        | 2 packets       |
| couscous                 | 1 packet        | 2 packets       |
| baby spinach leaves      | 1 bag (30g)     | 1 bag (60g)     |
| mint                     | 1 bunch         | 1 bunch         |
| Greek-style yoghurt      | 1 packet (100g) | 1 packet (200g) |

\*Pantry Items

## Nutrition

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 2806kJ (670Cal) | 505kJ (120Cal) |
| Protein (g)      | 44.2g           | 8g             |
| Fat, total (g)   | 25.4g           | 4.6g           |
| - saturated (g)  | 10.4g           | 1.9g           |
| Carbohydrate (g) | 62.4g           | 11.2g          |
| - sugars (g)     | 28.1g           | 5.1g           |
| Sodium (mg)      | 905mg           | 163mg          |

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Roast the veggies

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



## Make the mint yoghurt

While the carrot couscous is cooking, roughly chop the **baby spinach leaves**. Pick and roughly chop the **mint**. In a small bowl, combine the **Greek-style yoghurt** and 1/2 the **mint**. Season to taste.



## 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. Heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Cook the **chicken**, 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 to coat the **chicken**. Remove from the heat.



## Finish the couscous

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

**TIP:** Add everything to the couscous pan to save washing up a bowl!



## Make the carrot couscous

While the chicken is cooking, grate the **carrot** (see ingredients). Finely chop the **garlic**. 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**, **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 has absorbed, **5 minutes**.



## Serve up

Slice the Moroccan honey-glazed chicken. Divide the roasted veggie couscous between bowls and top with the chicken. Top with the mint yoghurt and garnish with the reserved mint.

Enjoy!