



# North Indian-Spiced Chicken

with Wholemeal Carrot Couscous & Almonds

Grab your Meal Kit with this symbol



Carrot



Peeled & Chopped Pumpkin



Garlic



Mixed Leaves



Herbs



Mild North Indian Spice Blend



Chicken Thigh



Chicken-Style Stock Powder



Wholemeal Couscous



Greek-Style Yoghurt



Slivered Almonds

Hands-on: **25-35 mins**  
 Ready in: **30-40 mins**

Eat Me Early

They say variety is the spice of life, so we've combined succulent chicken and carrot couscous with North Indian flavours for the ultimate meal that's sure to please! Just sprinkle over some slivered almonds for added flavour and crunch.

### 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

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

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
peeled & chopped pumpkin	1 small bag	1 medium bag
garlic	2 cloves	4 cloves
mixed leaves	1 small bag	1 medium bag
herbs	1 bag	1 bag
mild North Indian spice blend	1 sachet	2 sachets
chicken thigh	1 small packet	1 large packet
butter*	10g	20g
water*	¾ cup	1 ½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
wholemeal couscous	1 packet	2 packets
Greek-style yoghurt	1 medium packet	1 large packet
slivered almonds	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

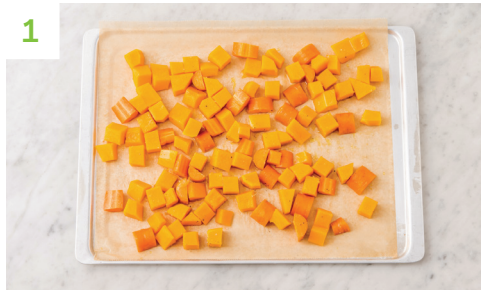
Avg Qty	Per Serving	Per 100g
Energy (kJ)	2743kJ (656Cal)	556kJ (133Cal)
Protein (g)	49.1g	9.9g
Fat, total (g)	27.4g	5.6g
- saturated (g)	7.5g	1.5g
Carbohydrate (g)	50.1g	10.2g
- sugars (g)	16.8g	3.4g
Sodium (mg)	851mg	172mg

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 oven to **240°C/220°C fan-forced**. Chop 1/2 the **carrot** into small chunks. Place **carrot** and **pumpkin** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **15-20 minutes**.

**TIP:** If your oven tray is crowded, divide the veggies between two trays.



## Cook the chicken

In a medium saucepan, heat a generous drizzle of **olive oil** over medium heat. Cook **chicken**, turning occasionally, until browned and cooked through, **10-14 minutes**. Transfer to a plate.

**TIP:** The spice blend will char slightly in the pan, this adds to the flavour!

**TIP:** Chicken is cooked through when it's no longer pink inside.



## Prep the veggies

Meanwhile, finely chop **garlic**. Grate remaining **carrot**. Roughly chop **mixed leaves**. Pick and thinly slice **herb** leaves.



## Cook the wholemeal couscous

Return saucepan to medium-high heat. Melt the **butter**, then add grated **carrot** and cook until softened, **2 minutes**. Add **garlic** and cook until fragrant, **1 minute**. Add the **water** and **chicken-style stock powder**. Bring to the boil, then add **wholemeal couscous** and a drizzle of **olive oil**. Stir to combine, cover with a lid and remove from heat. Set aside until all water is absorbed, **5 minutes**. Fluff up with a fork, then stir through **mixed leaves**, roasted **veggies** and **herbs**.



## Prep the chicken

In a medium bowl, combine **mild North Indian spice blend**, a generous pinch of **salt** and a drizzle of **olive oil**. Add **chicken thigh**, turning to coat.



## Serve up

Slice the chicken. Divide wholemeal carrot couscous between bowls. Top with North Indian-spiced chicken and a dollop of **Greek-style yoghurt**. Sprinkle with **slivered almonds** to serve.

## Enjoy!

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