



# North Indian-Spiced Chicken

with Carrot Couscous & Almonds

Grab your Meal Kit with this symbol



Carrot



Garlic



Baby Spinach Leaves



Mild North Indian Spice Blend



Chicken-Style Stock Powder



Couscous



Slivered Almonds



Peeled & Chopped Pumpkin



Chicken Breast



Greek-Style Yoghurt

### Recipe Update

Unfortunately, this week's chicken thigh was in short supply, so we've replaced it with chicken breast. Don't worry, the recipe will be just as delicious!

Prep in: 25-35 mins  
Ready in: 30-40 mins

Eat Me Early

Calorie Smart

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 · Large saucepan with a lid

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
peeled & chopped pumpkin	1 small bag	1 medium bag
garlic	2 cloves	4 cloves
baby spinach leaves	1 small bag	1 medium bag
chicken breast	1 small packet	1 large packet
mild North Indian spice blend	1 medium sachet	1 large sachet
<b>butter*</b>	10g	20g
<b>water*</b>	¾ cup	1½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
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)	2523kJ (603Cal)	516kJ (123Cal)
Protein (g)	49.2g	10.1g
Fat, total (g)	21.4g	4.4g
- saturated (g)	6.5g	1.3g
Carbohydrate (g)	49.7g	10.2g
- sugars (g)	16.5g	3.4g
Sodium (mg)	853mg	175mg

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.

1



## Roast the carrot & pumpkin

- Preheat oven to **240°C/220°C fan-forced**. Chop 1/2 the **carrot** into small chunks.
- Place chopped **carrot** and **peeled & chopped 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.

2



## Prep the veggies

- Meanwhile, finely chop **garlic**.
- Grate remaining **carrot**.
- Roughly chop **baby spinach leaves**.

3



## Prep the chicken

- Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **mild North Indian spice blend**, a generous pinch of **salt** and a drizzle of **olive oil**.
- Add **chicken**, tossing to coat.

4



## Cook the chicken

- In a large saucepan, heat a generous drizzle of **olive oil** over medium-high heat.
- Cook **chicken** until cooked through, **3-6 minutes** each side (cook in batches if your pan is getting crowded).
- 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.

5



## Cook the couscous

- Return saucepan to medium-high heat with the **butter**. Cook grated **carrot** 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 **couscous** and a drizzle of **olive oil**. Stir to combine, cover with a lid and remove from heat.
- Set aside until water is absorbed, **5 minutes**.
- Fluff up with a fork, then stir through **baby spinach** and roasted **veggies**.

6



## Serve up

- Slice North Indian-spiced chicken.
- Divide carrot couscous between bowls. Top with chicken.
- Dollop over **Greek-style yoghurt**. Sprinkle with **slivered almonds** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2022 | CW29



## Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)