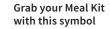


North Indian-Spiced Chicken with Carrot Couscous & Almonds











Baby Spinach Leaves

Indian Spice Blend



Chicken-Style



Stock Powder





Couscous

Slivered Almonds

Peeled & Chopped Pumpkin



Chicken Breast



Greek-Style Yoghurt



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

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

Ingredients

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	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	
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	
butter*	10g	20g	
water*	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 for allergen and ingredient information. If you have received a substitute

ingredient, please be aware allergens may have changed.



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.



Prep the veggies

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



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.



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.



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.



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!



