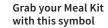


Quick Chermoula-Spiced Chicken with Carrot Couscous, Tomato Salad & Yoghurt

CLIMATE SUPERSTAR









Chermoula Spice





Carrot



Chicken-Style Stock Powder



Baby Spinach Leaves





Tomato



Garlic Paste



Couscous

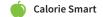


Slivered Almonds



Prep in: 20-30 mins Ready in: 25-35 mins

Eat Me Early



Everyone will love the mild spices and colourful veg in this chicken dish. Complete with almond-adorned carrot couscous and tangy yoghurt, there's the perfect balance of flavours and textures with every bite.

Pantry items Olive Oil, Butter

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan · Medium saucepan with a lid

Ingredients

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
chicken breast	1 small packet	1 large packet		
chermoula spice blend	1 medium sachet	1 large sachet		
Greek-style yoghurt	1 medium packet	1 large packet		
tomato	1	2		
carrot	1/2	1		
butter*	10g	20g		
garlic paste	1 packet	2 packets		
water*	¾ cup	1 ½ cups		
chicken-style stock powder	1 medium sachet	1 large sachet		
couscous	1 medium packet	1 large packet		
baby spinach leaves	1 small bag	1 medium bag		
slivered almonds	1 medium packet	1 large packet		
beef strips**	1 small packet	1 large packet		

Nutrition

*Pantry Items **Custom Recipe Ingredient

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2523kJ (603Cal)	633kJ (151Cal)
Protein (g)	45.4g	11.4g
Fat, total (g)	25.4g	6.4g
- saturated (g)	6.8g	1.7g
Carbohydrate (g)	46.6g	11.7g
- sugars (g)	9.7g	2.4g
Sodium (mg)	1151mg	289mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2549kJ (609Cal)	711kJ (170Cal)
Protein (g)	42.1g	11.7g
Fat, total (g)	27.6g	7.7g
- saturated (g)	8.4g	2.3g
Carbohydrate (g)	46.6g	13g
- sugars (g)	9.7g	2.7g
Sodium (mg)	1131mg	315mg

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.

We're here to help!





Get prepped

- Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **chermoula spice blend**, a pinch of **salt** and pepper, a drizzle of olive oil and 1/3 of the Greek-style yoghurt. Add chicken, turning to coat. Set aside.
- Roughly chop tomato. Grate carrot (see ingredients). Set aside.

Custom Recipe: If you've swapped to beef strips, combine beef strips with the spice blend mixture as above.



Finish the couscous

- Add the water and chicken-style stock powder to the saucepan. Bring to the boil. Add **couscous**, stirring to combine. Cover with a lid, then remove from heat. Set aside until water is absorbed, 5 minutes.
- Meanwhile, combine tomato and a drizzle of olive oil in a second medium bowl. Season with salt and pepper. Toss to coat. Set aside.
- Fluff up couscous with a fork, then stir through baby spinach leaves and slivered almonds. Season to taste.



Cook the chicken & start the couscous

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **chicken steaks** until cooked through (when no longer pink inside), **3-6 minutes** each side (cook in batches if your pan is getting crowded).
- Meanwhile, heat a medium saucepan over medium-high heat with the **butter** and a drizzle of **olive oil**. Cook **carrot**, stirring, until softened, **2-3 minutes**. Add **garlic paste** and cook, stirring, until fragrant, **1 minute**.

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook beef strips, tossing, in batches until browned and cooked through, 1-2 minutes. Transfer to a plate and cover to keep wram.



Serve up

- · Slice chermoula-spiced chicken.
- Divide chicken and carrot couscous between plates. Top couscous with tomato salad.
- · Serve with remaining yoghurt. Enjoy!

Custom Recipe: Top couscous with beef.

