



Quick Chermoula-Spiced Chicken

with Carrot Couscous, Tomato Salad & Yoghurt

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Chicken Breast



Chermoula Spice Blend



Greek-Style Yoghurt



Tomato



Carrot



Garlic Paste



Chicken-Style Stock Powder



Couscous



Baby Spinach Leaves



Slivered Almonds



Beef Strips

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

Calorie Smart

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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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

	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	½	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

*Pantry Items **Custom Recipe Ingredient

Nutrition

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!

Scan here if you have any questions or concerns



1



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.

3



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.

2



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 warm.

4



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.

Rate your recipe

Our Culinary team is waiting for your feedback!
Let them know what you thought: hellofresh.com.au/rate