



Smokey Chicken & Roast Veggie Couscous

with Lemon Yoghurt

Grab your Meal Kit with this symbol



Red Onion



Carrot



Beetroot



Capsicum



Garlic



Lemon



Baby Spinach Leaves



Chicken Breast



Smoked Paprika



Chicken Stock Powder



Couscous



Greek-Style Yoghurt



Flaked Almonds

Hands-on: **20-30 mins**
 Ready in: **30-40 mins**

Eat Me Early

Smokey paprika, brown sugar and lemon combine to give chicken an irresistible flavour boost. Perched on a bed of tender roast veggies and fluffy couscous, and topped with lemony yoghurt, this has something for everyone.

Pantry items

Olive Oil, Brown Sugar, 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 frying pan · Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1	2
carrot	1	2
beetroot	1	2
capsicum	1	2
garlic	2 cloves	4 cloves
lemon	½	1
baby spinach leaves	1 small bag (30g)	1 medium bag (60g)
chicken breast	1 small packet	1 large packet
smoked paprika	1 sachet	2 sachets
brown sugar*	1 tsp	2 tsp
salt*	¼ tsp	½ tsp
butter*	20g	40g
water*	¾ cup	1½ cups
chicken stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
Greek-style yoghurt	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2793kJ (667Cal)	394kJ (94Cal)
Protein (g)	52.7g	7.4g
Fat, total (g)	17.9g	2.5g
- saturated (g)	8.2g	1.2g
Carbohydrate (g)	66.6g	9.4g
- sugars (g)	31.6g	4.5g
Sodium (mg)	1056mg	149mg

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 veggies

Preheat the oven to **220°C/200°C fan-forced**. Slice the **red onion** into wedges. Chop the **carrot** and **beetroot** into small chunks. Cut the **capsicum** into bite-sized chunks. Place the **onion, carrot, beetroot** and **capsicum** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat. Roast until tender, **25-30 minutes**.

TIP: Beetroot is cooked when it can be easily pierced with a fork.



Cook the couscous

While the chicken is cooking, melt the **butter** in a medium saucepan over a medium-high heat. Cook the **garlic** until fragrant, **1 minute**. Add the **water** and the **chicken stock powder** and bring to the boil. Add the **couscous** and stir to combine. Cover with a lid and remove from the heat. Set aside until the water is absorbed, **5 minutes**. Fluff up with a fork. Add the **roasted veggies, baby spinach** and **lemon zest** and mix to combine. Season.



Get prepped

While the veggies are roasting, finely chop the **garlic**. Zest the **lemon** to get a pinch, then slice in half. Roughly chop the **baby spinach leaves**.



Make the lemon yoghurt

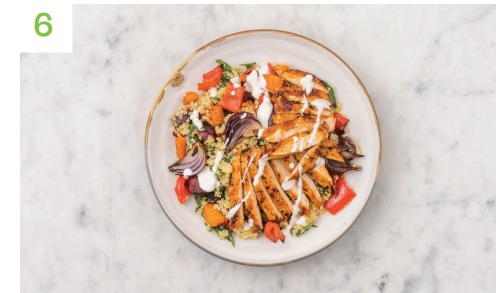
In a small bowl, combine the **Greek-style yoghurt** and a squeeze of **lemon juice**. Season.



Cook the chicken

Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. In a large bowl, combine the **chicken breast, smoked paprika, brown sugar, the salt, a squeeze of lemon juice** and a drizzle of **olive oil**. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the chicken until cooked through, **3-5 minutes** each side (depending on thickness).

TIP: Don't worry if your chicken gets a little charred during cooking. It adds to the flavour! The chicken is cooked through when it's no longer pink inside.



Serve up

Slice the smokey chicken. Divide the roast veggie couscous between plates and top with the chicken and any resting juices. Drizzle with the lemon yoghurt and garnish with the **flaked almonds** to serve.

Enjoy!

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