

Dinner - Spiced Yoghurt Chicken with Roast Veggie Couscous  
 Lunch - Chicken & Sweet Potato Salad with Yoghurt Dressing

Grab your Meal Kit with this symbol



Zucchini



Red Onion



Carrot



Sweet Potato



Garlic



Lemon



Parsley



Chermoula Spice Blend



Greek-Style Yoghurt



Chicken Breast



Vegetable Stock



Couscous



Flaked Almonds



Baby Spinach Leaves

For your lunch



Tomato



Spinach & Rocket Mix



Currants



Fetta Cheese

DINNER

Hands-on: 35-45 mins

Ready in: 45-55 mins

LUNCH

Ready in: 10 mins



Calorie Smart



Eat me early

Cook once, with a twist for lunch. Cook an amazing dinner as usual, then put a new spin on the recipe to create something different for lunch the next day. This week, enjoy a Middle Eastern-inspired chicken and couscous dish, then a flavour-packed salad for lunch. Extra delicious!

Pantry items

Olive Oil

## 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

Two oven trays lined with baking paper ·  
Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
zucchini	2	4
red onion	1	2
carrot	1	2
sweet potato	1	1
garlic	4 cloves	6 cloves
lemon	1	2
parsley	1 bag	1 bag
chermoula spice blend	2 sachets	3 sachets
salt*	1 tsp	1½ tsp
Greek-style yoghurt	1 large packet (200g)	1 large & small packet (300g)
chicken breast	1 large packet	1 large & small packet
water*	¾ cup	1½ cup
vegetable stock	1 cube	2 cubes
couscous	1 packet	2 packets
flaked almonds	1 packet	2 packets
baby spinach leaves	1 bag (30g)	1 bag (60g)
tomato	1	1
spinach & rocket mix	1 bag (60g)	1 bag (60g)
currants	1 sachet	1 sachet
fetta cheese	1 block (50g)	1 block (50g)

\*Pantry Items

## Nutrition

Dinner	Per Serving	Per 100g
Energy (kJ)	2610kJ (624Cal)	363kJ (87Cal)
Protein (g)	53.7g	7.5g
Fat, total (g)	16.3g	2.3g
- saturated (g)	4.8g	0.7g
Carbohydrate (g)	59.0g	8.2g
- sugars (g)	18.5g	2.6g
Sodium (g)	1420mg	197mg
Lunch	Per Serving	Per 100g
Energy (kJ)	2110kJ (503Cal)	432kJ (103Cal)
Protein (g)	49.1g	10.1g
Fat, total (g)	19.1g	3.9g
- saturated (g)	8.5g	1.7g
Carbohydrate (g)	30.7g	6.3g
- sugars (g)	20.3g	4.2g
Sodium (mg)	1240mg	254mg

## 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.

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://hellofresh.com.au/contact)

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## Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Slice the **zucchini** into 1cm rounds. Slice the **red onion** into 1cm wedges. Slice the **carrot** (unpeeled) into 1cm half-moons. Cut the **sweet potato** (unpeeled) into 2cm chunks. Place the **zucchini, onion** and **carrot** on an oven tray lined with baking paper. Place the **sweet potato** on a second oven tray lined with baking paper. Drizzle both trays with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **25-30 minutes**.



## Cook the chicken

While the couscous is cooking, heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a small bowl. Return the frying pan to a medium-high heat with a drizzle of olive oil. When the oil is hot, cook the **chicken** until golden, **3-5 minutes** each side (depending on thickness). Cook in batches if your pan is getting crowded.

**TIP:** Chicken is cooked through when it's no longer pink inside.



## Flavour the chicken

While the veggies are roasting, finely chop the **garlic**. Zest the whole **lemon**, then slice into wedges. Roughly chop the **parsley** leaves. In a large bowl, combine the **garlic, chermoula spice blend, the salt, Greek-style yoghurt** (2 tbs for 2 people / 3 tbs for 4 people), a squeeze of **lemon juice** and a drizzle of **olive oil**. Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. Add the **chicken** steaks to the **yoghurt mixture** and toss to coat. Set aside.



## Serve up

While the chicken is cooking, combine the remaining **yoghurt, lemon zest** and a generous squeeze of **lemon juice** in a medium bowl. Season to taste and set aside. Add the roasted **zucchini, carrot** and **onion, baby spinach leaves** to the **couscous** and stir to combine. Season to taste. Divide the **roast veggie couscous** between bowls. Reserve two portions of **chicken, lemon yoghurt** and **parsley** for lunch. Top the **couscous** with the remaining **chicken, lemon yoghurt** and **parsley**. Garnish with the **flaked almonds**. Serve with the remaining **lemon wedges**.



## Cook the couscous

In a medium saucepan, add the **water** and crumble in the **vegetable stock** (1 cube for 2 people / 2 cubes for 4 people). Bring to the boil. Add the **couscous** and a drizzle of **olive oil**. Stir to combine, place a lid on the saucepan and remove from the heat. Leave until all the water is absorbed, **5 minutes**. Fluff up with a fork and set aside, uncovered.



## Make lunch

When you're ready to pack lunch, roughly chop the **tomato**. Add a drizzle of olive oil to the **remaining lemon yoghurt**. Stir to combine, then divide between two reusable containers. Divide the **roasted sweet potato, tomato, spinach & rocket mix** and **currants** between the two containers. Top with the reserved **chicken** and **parsley**. Crumble over the **fetta**. Refrigerate. At lunch, season to taste. Toss well to combine.

Enjoy!