



# Mild Indian Chicken & Veggie Couscous

with Slivered Almonds & Pumpkin Seeds

CUSTOMER FAVOURITE

BESTSELLER



Grab your Meal Kit with this symbol



Cauliflower



Carrot



Garlic



Baby Spinach Leaves



Pumpkin Seeds (Pepitas)



Slivered Almonds



Chicken Breast



Mild North Indian Spice Blend



Chicken-Style Stock Powder



Couscous



Greek-Style Yoghurt

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



Calorie Smart

Eat Me Early

They say variety is the spice of life, so we've combined succulent chicken and roasted cauliflower with North Indian flavours for the ultimate meal that's sure to please! Just add some sweet almonds and pumpkin seeds for an explosion of nutty flavour.

## 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

Oven tray lined with baking paper · Large frying pan · Medium saucepan with a lid

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
cauliflower	1 portion (200g)	1 portion (400g)
carrot	1	2
garlic	2 cloves	4 cloves
baby spinach leaves	1 small bag	1 medium bag
pumpkin seeds (pepitas)	½ packet	1 packet
slivered almonds	½ packet	1 packet
mild North Indian spice blend	1 sachet	1 sachet
chicken breast	1 small packet	2 small packets OR 1 large packet
<b>butter*</b>	10g	20g
<b>water*</b>	¾ cup	1½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
Greek-style yoghurt	1 medium packet	1 large packet
couscous	1 packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2622kJ (627Cal)	540kJ (129Cal)
Protein (g)	48.5g	10g
Fat, total (g)	25.1g	5.2g
- saturated (g)	7.3g	1.5g
Carbohydrate (g)	55.2g	11.4g
- sugars (g)	11.6g	2.4g
Sodium (mg)	1079mg	222mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/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



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## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **cauliflower** into small florets. Cut half the **carrot** into bite-sized chunks.
- Place **cauliflower** and chopped **carrot** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **15-20 minutes**.
- Meanwhile, finely chop **garlic**. Roughly chop **baby spinach leaves**. Grate the remaining **carrot**.

3



## Cook the couscous

- While the chicken is cooking, heat the **butter** in a medium saucepan over medium-high heat. Cook **garlic** until fragrant, **1 minute**. Add the **water**, grated **carrot** and **chicken-style stock powder** and bring to the boil.
- Add **couscous** and a drizzle of **olive oil**. Stir to combine, cover with a lid and remove from the heat. Set aside until all the water is absorbed, **5 minutes**.
- Fluff up with a fork, then stir through the **roasted veggies** and **baby spinach**.

2



## Cook the chicken

- Heat a large frying pan over medium-high heat. Toast **pumpkin seeds** (see ingredients) and **slivered almonds** (see ingredients), tossing, until golden, **3-5 minutes**. Transfer to a bowl.
- 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** and a drizzle of **olive oil**. Season with **salt**, then add **chicken** and turn to coat.
- Return the frying pan to medium heat with a generous drizzle of **olive oil**. Cook **chicken**, turning occasionally, until browned and cooked through, **3-5 minutes** (cook in batches if your pan is getting crowded).

**TIP:** The spice blend will char in the pan this adds to the flavour!

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

4



## Serve up

- Slice mild Indian chicken.
- Divide roast veggie couscous between bowls. Top with chicken and **Greek-style yoghurt**.
- Sprinkle over toasted almonds and pumpkin seeds to serve. Enjoy!

## Rate your recipe

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