

Mild Indian Chicken & Veggie Couscous



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Pumpkin Seeds (Pepitas)



Slivered Almonds



Chicken Breast



Mild North Indian Spice Blend



Chicken-Style



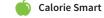
Stock Powder

Greek-Style Yoghurt



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

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

Inaredients

9		
	2 People	4 People
olive oil*	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
butter*	10g	20g
water*	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Scan here if you have any questions or concerns





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.



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.



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.



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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