



Chermoula Yoghurt Chicken & Couscous

with Pomegranate Glaze, Roasted Broccoli & Garlic Dip

NEW

Grab your Meal Kit with this symbol



Broccoli Florets



Chicken Thigh



Greek-Style Yoghurt



Chermoula Spice Blend



Couscous



Chicken-Style Stock Powder



Tomato



Lemon



Pomegranate Molasses



Garlic Dip



Chicken Breast

Prep in: 10-20 mins
Ready in: 30-40 mins

Eat Me Early

There's ch-ch-change in the air and it smells sweet and spiced. Chicken and chermoula are coming together to create a magical moment that will enchant you with it's final transformation when drizzled in a pomegranate molasses. The couscous is changing too, popping with bright tomato. It's a change we are embracing!

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

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 |
| broccoli florets | 1 bag (200g) | 1 bag (400g) |
| chicken thigh | 1 small packet | 2 small packets OR 1 large packet |
| Greek-style yoghurt | ½ medium packet | 1 medium packet |
| chermoula spice blend | 1 sachet | 1 sachet |
| couscous | 1 packet | 1 packet |
| chicken-style stock powder | 1 medium sachet | 1 large sachet |
| butter* | 20g | 40g |
| boiling water* | ¾ cup | 1½ cups |
| tomato | 1 | 2 |
| lemon | ½ | 1 |
| pomegranate molasses | 1 medium packet | 1 large packet |
| garlic dip | 1 medium packet | 1 large packet |
| chicken breast** | 1 small packet | 2 small packets OR 1 large packet |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3271kJ (782Cal) | 656kJ (157Cal) |
| Protein (g) | 42.1g | 8.4g |
| Fat, total (g) | 45.7g | 9.2g |
| - saturated (g) | 12.2g | 2.4g |
| Carbohydrate (g) | 54.8g | 11g |
| - sugars (g) | 14.6g | 2.9g |
| Sodium (mg) | 1240mg | 249mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3184kJ (761Cal) | 639kJ (153Cal) |
| Protein (g) | 46.6g | 9.3g |
| Fat, total (g) | 38.2g | 7.7g |
| - saturated (g) | 9.9g | 2g |
| Carbohydrate (g) | 54.8g | 11g |
| - sugars (g) | 14.6g | 2.9g |
| Sodium (mg) | 1221mg | 245mg |

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.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW44



1



Bake the chicken

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle.
- Halve any thick **broccoli florets**.
- Place **chicken thigh** on a lined oven tray, then spread with **Greek-style yoghurt (see ingredients)** and **chermoula spice blend**. Drizzle with **olive oil**, then turn **chicken** to coat.
- Bake until golden and cooked through, **20-25 minutes**.
- In the last **10 minutes** of cook time, place **broccoli** on a second lined oven tray and roast until tender, **10 minutes**.

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

Custom Recipe: If you've swapped chicken thigh for chicken breast, prep and cook chicken breast in the same way as above.

3



Bring it all together

- Roughly chop **tomato**. Cut **lemon** into wedges.
- Add **tomato** to the **couscous**, along with a good squeeze of **lemon juice** and a drizzle of **olive oil**. Season with **salt** and **pepper**, tossing to coat.

2



Cook the couscous

- Meanwhile, combine **couscous**, **chicken-style stock powder** and the **butter** in a medium heatproof bowl.
- Add the **boiling water** (¾ cup for 2 people / 1½ cups for 4 people), then stir to combine. Cover with a plate and set aside for **5 minutes**, then fluff up with a fork.

4



Serve up

- Divide couscous between bowls. Slice baked chermoula yoghurt chicken.
- Top with chicken (plus any juices from the tray) and roasted broccoli.
- Drizzle **pomegranate molasses** over the chicken. Serve with **garlic dip** and any remaining lemon wedges. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

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