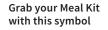


# Chermoula Yoghurt Chicken & Couscous with Pomegranate Glaze, Roasted Broccoli & Garlic Dip











Broccoli Florets









Chermoula Spice

Yoghurt





Couscous







Tomato





Garlic Dip

Lemon

Pomegranate Molasses



Pantry items

Olive Oil, Butter

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

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



Eat Me Early

too, popping with bright tomato. It's a change we are embracing!

# 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  $\cdot$  Medium saucepan with a lid  $\cdot$  Large frying pan

# Ingredients

9				
	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	1/2	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		

<sup>\*</sup>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)	<b>639kJ</b> (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



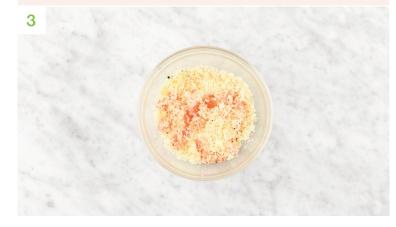


## Bake the chicken

- 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.



# 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.



## Cook the couscous

- Meanwhile, combine couscous, chicken-style stock powder and the butter in a medium heatproof bowl.
- Add the boiling water (34 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.



# 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?
Let our culinary team know: hellofresh.co.nz/rate