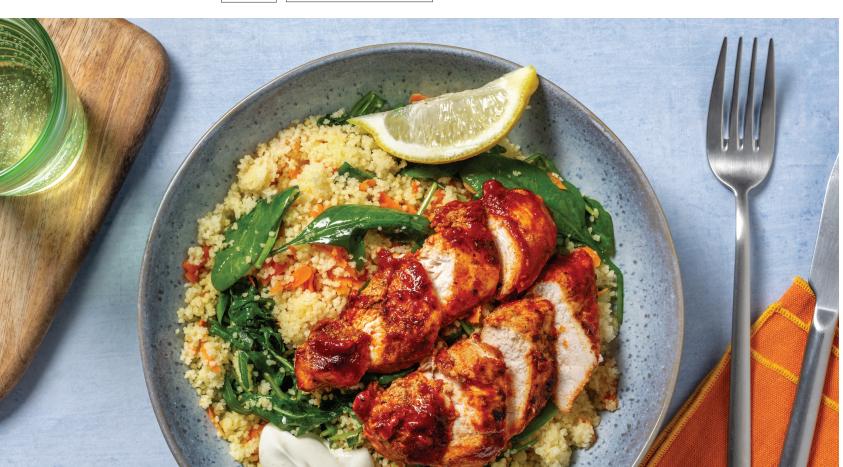


# Nourishing Honey-Glazed Chicken Bowl with Carrot Couscous & Lemon Yoghurt

CLIMATE SUPERSTAR



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Chicken-Style Stock Powder









Chermoula Spice Chicken Breast





Spinach & Rocket

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

Eat Me Early



Looking for a tasty midweek dinner option? This honey-glazed chicken is sure to pull through for you on hump day with a burst of sweet to balance out tender chicken. Make it extra nourishing with a bed of carrot couscous to have you galloping into the weekend.

**Pantry items** Olive Oil, Butter, Honey

## 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

Medium saucepan with a lid · Large frying pan

# Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
carrot	1	2		
butter*	40g	80g		
garlic paste	1 medium packet	1 large packet		
water*	¾ cup	1½ cups		
chicken-style stock powder	1 medium sachet	1 large sachet		
couscous	1 packet	1 packet		
lemon	1/2	1		
Greek-style yoghurt	1 medium packet	1 large packet		
chicken breast	1 small packet	2 small packets OR 1 large packet		
chermoula spice blend	1 medium sachet	1 large sachet		
honey*	1 tsp	2 tsp		
spinach & rocket mix	1 medium bag	2 medium bags		
beef rump**	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)	2518kJ (602Cal)	636kJ (152Cal)
Protein (g)	46.1g	11.6g
Fat, total (g)	23.7g	6g
- saturated (g)	13.5g	3.4g
Carbohydrate (g)	53.5g	13.5g
- sugars (g)	11.2g	2.8g
Sodium (mg)	1343mg	339mg
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## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2637kJ (630Cal)	683kJ (163Cal)
Protein (g)	42.9g	11.1g
Fat, total (g)	28.3g	7.3g
- saturated (g)	16.6g	4.3g
Carbohydrate (g)	52.6g	13.6g
- sugars (g)	11.1g	2.9g
Sodium (mg)	1295mg	335mg

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





## Start the carrot couscous

- Grate carrot.
- In a medium saucepan, heat half the **butter** and a drizzle of **olive oil** over medium-high heat. Cook garlic paste and carrot, stirring, until softened, 2-3 minutes.
- Add the water and chicken-style stock powder and bring to the boil. Add couscous and stir to combine.
- Cover with a lid and remove from heat. Set aside until water has absorbed. 5 minutes. Fluff up with a fork.

**Little cooks:** Help fluff up the couscous once the pan has cooled down!



## Cook the chicken

• In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken** until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded). Remove pan from heat, then add remaining **butter**, the **honey** and a splash of **water**, tossing to coat.

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook beef, turning, for 5-6 minutes (depending on thickness), or until cooked to your liking. Continue with step.



# Get prepped

- While the couscous is cooking, zest **lemon** to get a pinch and slice into
- In a small bowl, combine Greek-style yoghurt and lemon zest. Season to
- Place your hand flat on top of chicken breast and slice through horizontally to make two thin steaks.
- In a medium bowl, combine chicken, chermoula spice blend, a drizzle of olive oil and a pinch of salt and pepper.

**Custom Recipe:** If you've swapped to beef rump, place beef rump between two sheets of baking paper. Pound beef with a meat mallet or rolling pin until slightly flattened. Season beef with chermoula spice blend and a pinch of salt and pepper.



# Serve up

- Slice chicken. Add **spinach & rocket mix** and a generous squeeze of lemon juice to the couscous. Season to taste.
- Divide carrot couscous between bowls. Top with honey-glazed chermoula chicken. Dollop with lemon yoghurt. Serve with remaining lemon wedges. Enjoy!

## Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate

