



Nourishing Honey-Glazed Chicken Bowl

with Carrot Couscous & Lemon Yoghurt

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Garlic Paste



Chicken-Style Stock Powder



Couscous



Lemon



Greek-Style Yoghurt



Chicken Breast



Chermoula Spice Blend



Spinach & Rocket Mix



Beef Rump

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



Calorie Smart*
**Custom recipe is not Calorie Smart*



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.

CUSTOM RECIPE

If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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

	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	½	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

*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

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

2024 | CW06



1



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!

3



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.

2



Get prepped

- While the couscous is cooking, zest **lemon** to get a pinch and slice into wedges.
- In a small bowl, combine **Greek-style yoghurt** and **lemon zest**. Season to taste.
- 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.

4



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

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