



Middle Eastern Chicken & Roast Veggie Couscous with Lemon Yoghurt

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Parsnip



Onion



Peeled Pumpkin Pieces



Israeli Couscous



Chicken-Style Stock Powder



Chicken Drumstick Fillet



Chermoula Spice Blend



Lemon



Greek-Style Yoghurt



Parsley



Chicken Drumstick Fillet

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



Calorie Smart*
*Custom Recipe is not Calorie Smart



Eat Me Early

Take your taste buds on a journey with our Middle Eastern spiced chicken, where aromatic spices transform juicy chicken into a flavourful adventure. Sitting on a bed of roast veggie couscous and dolloped with a citrusy yoghurt, this is a recipe for a hearty bowl you won't soon forget.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe step

Pantry items

Olive Oil

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 · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
parsnip	2	4
onion	½	1
peeled pumpkin pieces	1 small packet	1 medium packet
Israeli couscous	1 packet	2 packets
chicken-style stock powder	1 medium sachet	1 large sachet
chicken drumstick fillet	1 medium packet	2 medium packets OR 1 large packet
chermoula spice blend	1 medium sachet	1 large sachet
lemon	½	1
Greek-style yoghurt	1 medium packet	1 large packet
parsley	½ packet	1 packet
chicken drumstick fillet**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2248kJ (537Cal)	465kJ (111Cal)
Protein (g)	40.8g	8.4g
Fat, total (g)	15.8g	3.3g
- saturated (g)	4.7g	1g
Carbohydrate (g)	57.5g	11.9g
- sugars (g)	9g	1.9g
Sodium (mg)	1078mg	223mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2992kJ (715Cal)	465kJ (111Cal)
Protein (g)	69.6g	10.8g
Fat, total (g)	22.4g	3.5g
- saturated (g)	6.6g	1g
Carbohydrate (g)	57.5g	8.9g
- sugars (g)	9g	1.4g
Sodium (mg)	1212mg	188mg

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 | CW09



1



Roast the veggies

- Preheat oven to **220°/200°C fan-forced**. Boil the kettle. Cut **parsnip** into small chunks. Cut **onion (see ingredients)** into wedges.
- Place **parsnip, onion** and **peeled pumpkin pieces** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**.
- Spread out evenly, then roast until tender, **20-25 minutes**.

4



Cook the chicken

- When the veggies have **15 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **chicken drumsticks** until browned, **2 minutes** each side.
- Transfer **chicken** to the tray with the veggies and bake until cooked through, **10-12 minutes**.

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

Custom Recipe: Cook chicken in batches for best results.

2



Cook the couscous

- Meanwhile, heat a medium saucepan over medium-high heat with a drizzle of **olive oil**. Toast **Israeli couscous**, stirring occasionally, until golden, **1-2 minutes**.
- Half-fill saucepan with boiling water, then add a pinch of **salt**. Bring to the boil, then simmer, uncovered, until tender, **10-12 minutes**.
- Drain and return **couscous** to the pan with **chicken-style stock powder** and a drizzle of **olive oil**. Stir to combine and cover to keep warm.

5



Make the lemon yoghurt

- Zest **lemon** to get a pinch, then slice into wedges.
- In a small bowl, combine **Greek-style yoghurt** and a squeeze of **lemon juice**. Season to taste and set aside.
- To the **Israeli couscous**, add **roast veggies, lemon zest**, a squeeze of **lemon juice** and a drizzle of **olive oil**.

3



Prep the chicken

- Meanwhile, combine **chicken drumstick fillet, chermoula spice blend**, a pinch of **salt** and a drizzle of **olive oil** in a medium bowl.

Custom Recipe: If you've doubled your chicken drumstick fillet, flavour chicken in a large bowl.

6



Serve up

- Slice Middle Eastern-spiced chicken.
- Divide roast veggie couscous between bowls and top with chicken.
- Dollop with lemon yoghurt to serve and tear over **parsley (see ingredients)**. Serve with remaining lemon wedges. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

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