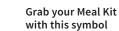


Middle Eastern Chicken & Roast Veggie Couscous

with Lemon Yoghurt

CLIMATE SUPERSTAR











Peeled Pumpkin





Chicken-Style



Stock Powder

Chicken Drumstick



Chermoula Spice



Greek-Style Yoghurt





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

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.

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
parsnip	2	4
onion	1/2	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	1/2	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



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.



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.



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.



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.



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.



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!



Did we make your tastebuds happy?
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