



Honey-Glazed Chicken & Roast Veggie Couscous

with Citrus Yoghurt

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Onion



Beetroot



Peeled Pumpkin Pieces



Zesty Chilli Salt



Garlic



Lime



Baby Leaves



Chicken Breast



Middle Eastern Seasoning



Beef-Style Stock Powder



Couscous



Greek-Style Yoghurt



Parsley



Chicken Breast

Prep in: 35-45 mins
Ready in: 45-55 mins



Calorie Smart*

*Custom Recipe is not Calorie Smart



Eat Me Early

Can't decide between sweet or savoury, don't worry we couldn't either so we combined it into one! Tender chicken is cooked in our Middle Eastern seasoning and then glazed in a layer of honey. You won't have to worry about picking one flavour over the other again with this recipe under your belt.

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

Pantry items

Olive Oil, Honey, Butter

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 · Large frying pan · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	½	1
beetroot	1	2
peeled pumpkin pieces	1 small packet	1 medium packet
zesty chilli salt	½ sachet	1 sachet
garlic	1 clove	2 cloves
lime	½	1
baby leaves	1 small packet	1 medium packet
chicken breast	1 medium packet	2 medium packets OR 1 large packet
Middle Eastern seasoning	½ sachet	1 sachet
salt*	¼ tsp	½ tsp
honey*	1 tbs	2 tbs
butter*	1 tbs	2 tbs
water*	¾ cup	1½ cups
beef-style stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
Greek-style yoghurt	1 medium packet	1 large packet
parsley	1 packet	1 packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2721kJ (650Cal)	465kJ (111Cal)
Protein (g)	52.9g	9g
Fat, total (g)	18.6g	3.2g
- saturated (g)	7.4g	1.3g
Carbohydrate (g)	69g	11.8g
- sugars (g)	24.3g	4.2g
Sodium (mg)	1174mg	201mg
Dietary Fibre (g)	6.9g	1.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3493kJ (835Cal)	458kJ (109Cal)
Protein (g)	91.8g	12g
Fat, total (g)	21.8g	2.9g
- saturated (g)	8.4g	1.1g
Carbohydrate (g)	70g	9.2g
- sugars (g)	24.4g	3.2g
Sodium (mg)	1309mg	172mg
Dietary fibre	6.9g	1.1g

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.

1



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**. Cut **onion (see ingredients)** into bite-sized chunks. Cut **beetroot** into 1cm chunks.
- Place **onion** and **beetroot** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender, **25-30 minutes**.
- In the last **15 minutes** of cook time, add **peeled pumpkin pieces** to the tray. Roast until tender.
- When veggies are done, sprinkle over **zesty chilli salt (see ingredients)**.

TIP: If your oven tray is crowded, divide between two trays.

4



Make the couscous

- While the chicken is cooking, heat a medium saucepan over medium-high heat with the **butter**. Cook **garlic** until fragrant, **1 minute**.
- Add the **water** and **beef-style stock powder** and bring to the boil.
- Add the **couscous** and stir to combine, then cover with a lid and remove from the heat. Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork.
- Add the **roasted veggies, baby leaves** and **lime zest** to the **couscous** and stir to combine. Season to taste.

2



Get prepped

- While the veggies are roasting, finely chop **garlic**. Zest **lime** to get a pinch, then cut into wedges. Roughly chop **baby leaves**.
- In a medium bowl, combine **chicken breast, Middle Eastern seasoning (see ingredients), the salt** and a drizzle of **olive oil**. Season with **pepper**, then turn to coat.

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

5



Make the citrus yoghurt

- In a small bowl, combine **Greek-style yoghurt** and a squeeze of **lime juice**. Season to taste.

3



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken**, turning occasionally, until browned and cooked through, **12-14 minutes**.
- Add the **honey** and toss to coat, **1-2 minutes**.

TIP: The chicken will char a little in the pan, this adds to the flavour!

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

Custom Recipe: Cook in batches for best results.

6



Serve up

- Slice honey-glazed chicken.
- Divide roast veggie couscous between bowls and top with chicken, spooning over any resting juices.
- Drizzle with citrus yoghurt and tear over **parsley**. Serve with any remaining lime wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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