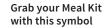


Honey-Glazed Chicken & Roast Veggie Couscous

with Citrus Yoghurt

CLIMATE SUPERSTAR

















Zesty Chilli Salt





Baby Leaves

Middle Eastern

Beef-Style Stock Powder





Couscous

Yoghurt



Parsley



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

Eat Me Early



*Custom Recipe is not Calorie Smart

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.

Olive Oil, Honey, Butter

Pantry items

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 Large frying pan \cdot Medium saucepan with a lid

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
onion	1/2	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	1/2	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*	1/4 tsp	½ tsp		
honey*	1 tbs	2 tbs		
butter*	1 tbs	2 tbs		
water*	3⁄4 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.



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.



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.



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.



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.



Make the citrus yoghurt

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



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!



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