

Middle Eastern Chicken & Veggie Couscous

with Lemon Yoghurt

Grab your meal kit with this number

23



Onion



Beetroot Diced



Peeled Pumpkin Pieces



Garlic



Lemon



Baby Leaves



Chicken Breast



Middle Eastern Seasoning



Beef-Style Stock Powder



Couscous



Greek-Style Yoghurt



Parsley



Chicken Breast



Chicken Thigh

Prep in: 30-40 mins
Ready in: 40-50 mins

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.

Pantry items

Olive Oil, Honey, Butter

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Two oven trays 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
diced beetroot	1 packet	1 packet
peeled pumpkin pieces	1 small packet	1 medium packet
garlic	1 clove	2 cloves
lemon	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 medium sachet	1 medium 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 packet	2 packets
Greek-style yoghurt	1 medium packet	1 large packet
parsley	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2517kJ (602Cal)	477kJ (114Cal)
Protein (g)	51g	9.7g
Fat, total (g)	16.5g	3.1g
- saturated (g)	6.3g	1.2g
Carbohydrate (g)	60.3g	11.4g
- sugars (g)	18.9g	3.6g
Sodium (mg)	1144mg	217mg
Dietary Fibre (g)	6.7g	1.3g

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](https://www.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.
- Place **onion, diced beetroot and peeled pumpkin pieces** 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**.

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 lemon zest** to the **couscous** and stir to combine. Season to taste.

2



Get prepped

- While the veggies are roasting, finely chop **garlic**. Zest **lemon** 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.

5



Make the lemon yoghurt

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

3



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Add **chicken** and cook until browned, **2 minutes** each side.
- Transfer **chicken** to a lined oven tray and bake until cooked through, **8-12 minutes**.
- Remove from oven and drizzle over **honey**.

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

6



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW26



CUSTOM OPTIONS



DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN THIGH

Follow method above, cooking for 14-16 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

