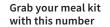


Easy Chermoula Chicken & Veggie Couscous with Garlic Dip

AIR FRYER FRIENDLY

CLIMATE SUPERSTAR



















Pearl (Israeli)



Chicken-Style Chermoula Spice Stock Powder Blend







Slivered Almonds

Baby Leaves



Recipe Update We've replaced the couscous in this recipe with pearl couscous

due to local ingredient availability. It'll be just as delicious, just follow your recipe card!



Prep in: 20-30 mins Ready in: 25-35 mins

Eat Me Early

Who doesn't like a bit of char on their chicken? This one gets a generous coating of our punchy chermoula spice blend before it crisps up in the pan until golden. Finish it off in the oven so you have the most succulent result that pairs beautifully with our veggie-packed couscous.

Pantry items

Olive Oil, White Wine Vinegar

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

Air fryer or oven tray lined with baking paper · Medium saucepan · Large frying pan

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
leek	1	2	
carrot	1	2	
beetroot	1	2	
garlic	2 cloves	4 cloves	
chicken breast	1 medium packet	2 medium packets OR 1 large packet	
pearl (Israeli) couscous	1 packet	2 packets	
water*	1¾ cups	3½ cups	
chicken-style stock powder	1 medium sachet	1 large sachet	
chermoula spice blend	1 medium sachet	1 large sachet	
slivered almonds	1 packet	2 packets	
baby leaves	1 small packet	1 medium packet	
white wine vinegar*	drizzle	drizzle	
garlic dip	1 medium packet	1 large packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3465kJ (828Cal)	675kJ (161Cal)
Protein (g)	52.8g	10.3g
Fat, total (g)	43.5g	8.5g
- saturated (g)	9.1g	1.8g
Carbohydrate (g)	54.9g	10.7g
- sugars (g)	15.3g	3g
Sodium (mg)	1319mg	257mg
Dietary Fibre (g)	9.9g	1.9g

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.



Cook the veggies

- Set your air fryer to **200°C**. Thickly slice **leek**. Cut **carrot** into bite-sized chunks. Cut **beetroot** into small chunks. Finely chop **garlic**.
- Place your hand flat on top of chicken breast and slice through horizontally to make two thin steaks.
- Place leek, carrot and beetroot into the air fryer basket, drizzle with olive
 oil and season with salt. Cook for 10 minutes. Shake the basket, then cook
 until tender, a further 5-10 minutes.

TIP: No air fryer? Preheat oven to 220°C/200°C fan-forced. Place veggies on a lined oven tray, drizzle with oil and season. Roast until tender, 20-25 minutes.



Cook the chicken

- Heat a large frying pan over medium-high heat. Toast **slivered almonds**, tossing, until golden, **3-4 minutes**. Transfer to a small bowl.
- Return frying pan to medium-high heat with a drizzle of olive oil. Cook chicken steaks until cooked through, 3-5 minutes each side.

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



Cook the pearl couscous

- While the veggies are cooking, heat a medium saucepan over medium-high heat with a drizzle of olive oil.
- Toast **pearl couscous**, stirring occasionally, until golden, **1-2 minutes**.
- Add the water and chicken-style stock powder. Bring to the boil, then
 cook, uncovered on medium-high heat, stirring occasionally until tender and
 the water is absorbed, 10-12 minutes.
- SPICY! This is a mild spice blend, but use less if you're sensitive to heat.
 Meanwhile, in a medium bowl, combine chermoula spice blend and a drizzle of olive oil. Add chicken, then toss to coat.



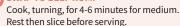
Serve up

- When the couscous is done, remove pan from heat. Add veggies, baby leaves and a drizzle of white wine vinegar and olive oil to the saucepan. Stir to combine and season to taste.
- · Slice chermoula chicken.
- Divide veggie couscous between bowls. Top with chicken and garlic dip.
- Sprinkle over toasted almonds to serve. Enjoy!











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

