



Easy Chermoula Chicken & Veggie Couscous

with Garlic Dip

AIR FRYER FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit with this number

1



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!



Leek



Carrot



Beetroot



Garlic



Chicken Breast



Pearl (Israeli) Couscous



Chicken-Style Stock Powder



Chermoula Spice Blend



Slivered Almonds



Baby Leaves



Garlic Dip



Beef Rump



Chicken Breast

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

1 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

	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.

We're here to help!

Scan here if you have any questions or concerns

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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!

CUSTOM OPTIONS



SWAP TO BEEF RUMP

Cook, turning, for 4-6 minutes for medium. Rest then slice before serving.



DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.

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

