

Moroccan Honey Chicken & Zesty Veggie Couscous

with Flaked Almonds & Lemon Yoghurt

Grab your meal kit with this number

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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!



Courgette



Peeled Pumpkin Pieces



Flaked Almonds



Garlic



Pearl (Israeli) Couscous



Chicken-Style Stock Powder



Chicken Breast



Chermoula Spice Blend



Baby Leaves



Lemon



Greek-Style Yoghurt



Chicken Breast



Chicken Thigh

Prep in: 25-35 mins
Ready in: 40-50 mins

Protein Rich

Calorie Smart

Eat Me Early

We love the way honey caramelises in a pan, lending a crispy, sticky finish to chicken. We've gone for chicken breast steaks here, because they pack a fantastic flavour, remain moist as they cook and complement the bed of delicious roast veggie couscous that comes with them.

Pantry items

Olive Oil, Honey

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

Oven tray lined with baking paper · Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
courgette	1	2
peeled pumpkin pieces	1 small packet	1 medium packet
flaked almonds	1 packet	1 packet
garlic	2 cloves	4 cloves
pearl (Israeli) couscous	1 packet	2 packets
chicken-style stock powder	1 medium sachet	1 large sachet
chicken breast	1 medium packet	2 medium packets OR 1 large packet
chermoula spice blend	1 medium sachet	1 large sachet
salt*	¼ tsp	½ tsp
honey*	2 tsp	4 tsp
baby leaves	1 small packet	1 medium packet
lemon	½	1
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2348kJ (561Cal)	445kJ (106Cal)
Protein (g)	51.2g	9.7g
Fat, total (g)	13.4g	2.5g
- saturated (g)	3.9g	0.7g
Carbohydrate (g)	55.7g	10.6g
- sugars (g)	16.7g	3.2g
Sodium (mg)	1332mg	252mg
Dietary Fibre (g)	5.9g	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.

We're here to help!

Scan here if you have any questions or concerns

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1 Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Slice **courgette** into half-moons.
- Place **courgette** and **peeled pumpkin pieces** on a lined oven tray.
- Drizzle with **olive oil** and season with **salt** and **pepper**. Spread out evenly, then roast until tender, **20-25 minutes**.
- In the last **5 minutes** of cook time, add **flaked almonds** to one side of the tray.
- Remove tray from the oven and allow **veggies** to cool slightly.



4 Make the lemon yoghurt

- Meanwhile, roughly chop **baby leaves**. Zest **lemon** to get a pinch, then slice into wedges.
- In a small bowl, combine **Greek-style yoghurt** and a squeeze of **lemon juice**. Season to taste and set aside.



2 Start the garlic couscous

- While the veggies are cooking, boil the kettle and finely chop **garlic**.
- In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Toast the **pearl couscous**, stirring occasionally, until golden, **1-2 minutes**.
- Half-fill saucepan with boiling water and add a pinch of **salt**. Bring to the boil, then simmer, uncovered, until tender, **10-12 minutes**. Drain.
- Return saucepan to medium-high heat with a drizzle of **olive oil**. Cook **garlic** until fragrant, **1 minute**. Return couscous to pan with **chicken-style stock powder** and stir to combine. Remove from heat and set aside.



5 Finish the couscous

- In a second large bowl, combine **pearl couscous**, **roasted veggies**, **baby leaves** and **lemon zest**. Season to taste.

TIP: If you prefer, combine the couscous and roasted veggies in the saucepan to save on washing up!



3 Cook the chicken

- Meanwhile, place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- **SPICY!** This is a mild spice, but use less if you're sensitive to heat. In a large bowl, combine **chermoula spice blend** and the **salt**. Add **chicken** and turn to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken**, turning occasionally, until browned and cooked through, **3-5 minutes** each side.
- In the last **2 minutes** of cook time, add the **honey** and turn **chicken** to coat. Remove pan from heat.

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



6 Serve up

- Slice Moroccan honey chicken.
- Divide zesty veggie couscous between plates and top with chicken.
- Sprinkle over toasted almonds and dollop with lemon yoghurt to serve. Enjoy!

CUSTOM OPTIONS

+ **DOUBLE CHICKEN BREAST**
Follow method above, cooking in batches if necessary.

↻ **SWAP TO CHICKEN THIGH**
In a large frying pan with a drizzle of olive oil, cook, turning occasionally, until cooked through and browned, 14-16 minutes.

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

