

# Middle Eastern Chicken & Veggie Couscous

with Lemon Yoghurt & Parsley

Grab your meal kit with this number

23



Onion



Diced Beetroot



Peeled Pumpkin Pieces



Garlic



Lemon



Baby Leaves



Chicken Breast



Middle Eastern Seasoning



Chicken-Style Stock Powder



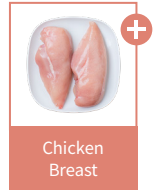
Couscous



Greek-Style Yoghurt



Parsley



Chicken Breast



Salmon

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

Calorie Smart

Protein Rich

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
<b>olive oil*</b>	refer to method	refer to method
onion	½	1
diced beetroot	1 medium packet	1 large 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
<b>salt*</b>	¼ tsp	½ tsp
<b>honey*</b>	1 tbs	2 tbs
<b>butter*</b>	1 tbs	2 tbs
<b>water*</b>	¾ cup	1½ cups
chicken-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

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2520kJ (602Cal)	477kJ (114Cal)
Protein (g)	51.1g	9.7g
Fat, total (g)	16.6g	3.1g
- saturated (g)	6.3g	1.2g
Carbohydrate (g)	60.2g	11.4g
- sugars (g)	18.6g	3.5g
Sodium (mg)	1262mg	239mg
Dietary Fibre (g)	6.8g	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 **chicken-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 **Middle Eastern seasoning (see ingredients)**, the **salt** and a drizzle of **olive oil**. Season with **pepper**, then add **chicken breast**, turning 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 second 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 | CW34



### CUSTOM OPTIONS

#### + DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.

#### ↻ SWAP TO SALMON

Cook over high heat with a drizzle of olive oil, skin-side down first, until just cooked through, 2-4 minutes each side.

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

