

# Chermoula Chicken & Roast Veggie Couscous

with Lemon Yoghurt & Parsley

Grab your meal kit with this number

4



Parsnip



Onion



Peeled Pumpkin Pieces



Pearl (Israeli) Couscous



Chicken-Style Stock Powder



Chicken Thigh



Chermoula Spice Blend



Lemon



Greek-Style Yoghurt



Parsley



Chicken Thigh



Chicken Breast

Prep in: 20-30 mins  
Ready in: 30-40 mins

Calorie Smart

Protein Rich

Eat Me Early

Take your taste buds on a journey with our Middle Eastern-spiced chicken, where aromatic spices transform juicy chicken into a flavourful adventure. Sitting on a bed of roast veggie couscous and dolloped with a citrusy yoghurt, this is a recipe for a hearty bowl you won't soon forget.

### Pantry items

Olive Oil



## 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 with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
parsnip	2	4
onion	½	1
peeled pumpkin pieces	1 small packet	1 medium packet
pearl (Israeli) couscous	1 packet	2 packets
chicken-style stock powder	1 medium sachet	1 large sachet
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
chermoula spice blend	1 medium sachet	1 large sachet
lemon	½	1
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)	2471kJ (591cal)	220kJ (53cal)
Protein (g)	41.8g	3.7g
Fat, total (g)	22.4g	2g
- saturated (g)	5.5g	0.5g
Carbohydrate (g)	64.6g	5.8g
- sugars (g)	15.9g	1.4g
Sodium (mg)	1072mg	95.5mg
Dietary Fibre (g)	10.9g	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](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.

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW35



1



## Roast the veggies

- Preheat oven to **220°/200°C fan-forced**. Boil the kettle.
- Cut **parsnip** into small chunks. Cut **onion (see ingredients)** into wedges.
- Place **parsnip, onion 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**.

4



## Cook the chicken

- When the veggies have **15 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **chicken** until browned, **2 minutes** each side.
- Transfer **chicken** to the tray with the **veggies** and bake until cooked through, **10-12 minutes**.

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

2



## Cook the couscous

- Meanwhile, heat a medium saucepan over medium-high heat with a drizzle of **olive oil**. Toast **pearl couscous**, stirring occasionally, until golden, **1-2 minutes**.
- Half-fill saucepan with boiling water, then add a pinch of **salt**. Bring to the boil, then simmer, uncovered, until tender, **10-12 minutes**.
- Drain and return to the pan with a drizzle of **olive oil**. Add **chicken-style stock powder** and stir through. Cover to keep warm.

5



## Make the lemon yoghurt

- Meanwhile, 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.
- To the **pearl couscous**, add **roast veggies, lemon zest**, a squeeze of **lemon juice** and a drizzle of **olive oil**.

3



## Prep the chicken

- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat! Meanwhile, combine **chicken thigh, chermoula spice blend**, a pinch of **salt** and a drizzle of **olive oil** in a medium bowl.

6



## Serve up

- Slice chermoula chicken.
- Divide roast veggie couscous between bowls and top with chicken.
- Dollop with lemon yoghurt and tear over **parsley** leaves. Serve with remaining lemon wedges. Enjoy!

## CUSTOM OPTIONS



### DOUBLE CHICKEN THIGH

Follow method above, cooking in batches if necessary.



### SWAP TO CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

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

