

Moroccan Honey Chicken & Zesty Veggie Couscous

with Lemon Yoghurt & Almonds

Grab your meal kit with this number

2



Recipe Update

We've replaced the courgette in this recipe with beetroot due to local ingredient availability. It'll be just as delicious, just follow your recipe card!



Beetroot



Peeled Pumpkin Pieces



Chicken Breast



Chermoula Spice Blend



Slivered Almonds



Garlic



Chicken-Style Stock Powder



Couscous



Baby Leaves



Lemon



Greek-Style Yoghurt



Chicken Breast



Chicken Thigh

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

Calorie Smart

Protein Rich

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, 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

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
beetroot	1	2
peeled pumpkin pieces	1 small packet	1 medium packet
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
slivered almonds	½ packet	1 packet
honey*	2 tsp	4 tsp
garlic	2 cloves	4 cloves
butter*	10g	20g
water*	¾ cup	1½ cup
chicken-style stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
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)	2272kJ (543cal)	202kJ (48cal)
Protein (g)	47.4g	4.2g
Fat, total (g)	13.1g	1.2g
- saturated (g)	3.8g	0.3g
Carbohydrate (g)	55.6g	5g
- sugars (g)	16.7g	1.5g
Sodium (mg)	1319mg	117.6mg
Dietary Fibre (g)	5.9g	0.5g

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 | CW40



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **beetroot** into 1 cm chunks.
- Place **beetroot** 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**.
- Remove tray from the oven and allow **veggies** to cool slightly.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



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.



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.
- Heat a large frying pan over medium-high heat. Toast **slivered almonds**, tossing, until toasted, **3-5 minutes**. Transfer to a bowl.
- Return pan to medium-high heat with a drizzle of **olive oil**. Cook **chicken**, turning occasionally, until browned and cooked through (when no longer pink inside), **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.



Finish the couscous

- In a second large bowl, combine **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!



Start the garlic couscous

- While the chicken is cooking, finely chop **garlic**.
- In a medium saucepan, heat the **butter** over medium-high heat. Cook **garlic** until fragrant, **1 minute**.
- Add the **water** and **chicken-style stock powder** and bring to the boil.
- Add **couscous** and a drizzle of **olive oil**. Stir to combine, cover with a lid and remove from heat. Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork.



Serve up

- Slice Moroccan honey chicken.
- Divide roast 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

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.

