



Mumbai Chicken & Roast Veggie Couscous

with Cauliflower & Garlic Aioli

NEW

KID FRIENDLY

Grab your meal kit with this number

4



Cauliflower



Carrot



Baby Leaves



Couscous



Chicken Thigh



Mumbai Spice Blend



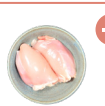
Onion Chutney



Garlic Aioli



Peeled Pumpkin Pieces



Chicken Thigh

Prep in: 15-25 mins
Ready in: 25-35 mins

Calorie Smart

Protein Rich

Eat Me Early

Baked in Mumbai spices and an onion chutney marinade, this juicy and flavourful chicken thigh is a one-way ticket to flavour town! All it needs is a medley of roast veg tossed through fluffy couscous and a dollop of garlic aioli to balance it out. Lucky we have both!

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

Two oven trays lined with baking paper · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 medium portion	1 large portion
carrot	1	2
baby leaves	1 small packet	1 medium packet
couscous	1 medium packet	1 large packet
boiling water*	¾ cup	1½ cups
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
Mumbai spice blend	1 sachet	2 sachets
onion chutney	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
garlic aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2493kJ (595Cal)	559kJ (133Cal)
Protein (g)	37.6g	8.4g
Fat, total (g)	30g	6.7g
- saturated (g)	5.8g	1.3g
Carbohydrate (g)	50.8g	11.4g
- sugars (g)	11.7g	2.6g
Sodium (mg)	444mg	100mg
Dietary Fibre (g)	5.8g	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 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 | CW41



Roast Veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Chop **cauliflower** (including stalk!) into small florets. Cut **carrot** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender and brown around edges, **20-25 minutes**.



Make chicken

- While couscous is cooking, combine **chicken thigh**, **Mumbai spice blend**, a pinch of **salt** and **pepper** and a drizzle of **olive oil** in a medium bowl.
- In a medium frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken** until browned, **2 minutes** each side.
- Transfer to a lined oven tray. Top with **onion chutney** and roast until cooked through, **10-12 minutes**.

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

CUSTOM OPTIONS

+ ADD PEELLED PUMPKIN PIECES

Roast following method above until tender, 20-25 minutes.

+ DOUBLE CHICKEN THIGH

Follow method above, cooking in batches if necessary.



Get prepped

- Boil kettle. Roughly chop **baby leaves**.
- Place **couscous** in a medium heatproof bowl with a generous pinch of **salt**. Add the **boiling water** (¾ cup for 2 people / 1½ cups for 4 people) and stir to combine. Immediately cover with a plate and leave for **5 minutes**. Fluff up with a fork and set aside.



Bring it together & serve up

- Gently stir baby leaves, roasted veggies and a drizzle of **white wine vinegar** through couscous. Season to taste.
- Divide roast veggie couscous between bowls.
- Top with Mumbai chicken.
- Spoon over any remaining glaze from the tray. Dollop over **garlic aioli** to serve. Enjoy!

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

