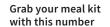


Chermoula Chicken & Veggie Pearl Couscous

with Lemon Yoghurt & Parsley

CLIMATE SUPERSTAR











Peeled Pumpkin

Chicken-Style



Pearl (Israeli)

Couscous

Stock Powder





Chermoula Spice





Greek-Style Yoghurt

Chicken Thigh



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

Eat Me Early



Calorie Smart



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

Inaredients

	2 People	4 People
olive oil*	refer to method	refer to method
parsnip	2	4
onion	1/2	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 breast	1 medium packet	2 medium packets OR 1 large packet
chermoula spice blend	1 medium sachet	1 large sachet
lemon	1/2	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)	2411kJ (576cal)	208kJ (50cal)
Protein (g)	52.1g	4.5g
Fat, total (g)	13g	1.1g
- saturated (g)	2.6g	0.2g
Carbohydrate (g)	64.8g	5.6g
- sugars (g)	16g	1.4g
Sodium (mg)	1089mg	94.1mg
Dietary Fibre (g)	10.9g	0.9g

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.



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.



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.



Prep the chicken

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



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.



Make the lemon yoghurt

- Meanwhile, zest **lemon** to get a pinch, then slice into wedges.
- In a small bowl, combine Greek-style voghurt 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.



Serve up

- · Slice chicken.
- Divide roast veggie couscous between bowls and top with chermoula chicken.
- Top with a dollop of lemon yoghurt and tear over parsley leaves.
- · Serve with remaining lemon wedges. Enjoy!







Follow method above, cooking in the oven for 12-14 minutes after browning.



Follow method above, cooking in batches if necessary.

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

