

# Chermoula Chicken & Veggie Pearl Couscous

with Lemon Yoghurt & Parsley

CLIMATE SUPERSTAR

Grab your meal kit with this number

23



Parsnip



Onion



Peeled Pumpkin Pieces



Pearl (Israeli) Couscous



Chicken-Style Stock Powder



Chicken Breast



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 breast	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)	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](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°/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 breast, chermoula spice blend**, a pinch of **salt** and a drizzle of **olive oil** in a medium bowl.

6



## 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!

## We're here to help!

Scan here if you have any questions or concerns

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### CUSTOM OPTIONS



#### SWAP CHICKEN THIGH

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



#### DOUBLE CHICKEN BREAST

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.

