

# Chermoula Chicken Couscous Bowl

with Mint Salad & Yoghurt

NEW

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11



Chicken-Style Stock Powder



Couscous



Baby Leaves



Diced Chicken



Chermoula Spice Blend



Slivered/Flaked Almonds



Mint



Mixed Salad Leaves



Greek-Style Yoghurt



Diced Chicken



Chicken Breast

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

Calorie Smart

Protein Rich

Eat Me Early

Savour the flavours of chermoula spices on juicy, tender chicken with fluffy couscous and a fresh and fragrant mint salad. A dollop of creamy yoghurt brings it all together, balancing bold spice with a cool, tangy finish. Perfect for a flavourful weeknight escape!

### Pantry items

Olive Oil, Honey, 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

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>water*</b>	¾ cup	1½ cups
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
diced chicken	1 medium packet	2 medium packets OR 1 large packet
chermoula spice blend	1 medium sachet	1 large sachet
slivered/flaked almonds	1 packet	2 packets
<b>honey*</b>	1 tsp	2 tsp
mint	1 packet	1 packet
mixed salad leaves	1 medium packet	1 large packet
<b>white wine vinegar*</b>	drizzle	drizzle
Greek-style yoghurt	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2209kJ (701cal)	701kJ (223cal)
Protein (g)	46.8g	14.9g
Fat, total (g)	17.8g	5.7g
- saturated (g)	2.5g	0.8g
Carbohydrate (g)	43.7g	13.9g
- sugars (g)	8g	2.5g
Sodium (mg)	1023mg	324.8mg
Dietary Fibre (g)	5.3g	1.7g

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://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Cook the couscous

- In a medium saucepan, combine the **water** and **chicken-style stock powder** and bring to the boil.
- Add **couscous** and stir to combine. Cover with a lid and remove from heat.
- Set aside until the water is absorbed, **5 minutes**.
- Fluff up with a fork, then stir through **baby leaves**.

3



## Toss the salad

- While the chicken is cooking, pick and cut **mint leaves**.
- In a small bowl, combine **mixed salad leaves**, **mint** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste with **salt** and **pepper**, then set aside.

2



## Cook the chicken

- Meanwhile, in a medium bowl, combine **diced chicken**, **chermoula spice blend** and a drizzle of **olive oil**.
- Heat a large frying pan over medium-high heat. Toast **almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl.
- Return frying pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**.
- Remove pan from heat, then add the **honey** and toss to combine.

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

4



## Serve up

- Divide couscous between bowls.
- Top with chermoula chicken and mint salad.
- Dollop over **Greek-style yoghurt** and sprinkle over toasted almonds to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW51



### CUSTOM OPTIONS



#### DOUBLE DICED CHICKEN

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.

