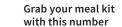


Chermoula Chicken Couscous Bowl

with Mint Salad & Yoghurt

NEW







Chicken-Style Stock Powder





Baby Leaves



Diced Chicken



Chermoula Spice Blend





Almonds



Mixed Salad Leaves



Greek-Style Yoghurt







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

Eat Me Early



Protein Rich

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!



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

9		
	2 People	4 People
olive oil*	refer to method	refer to method
water*	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
honey*	1 tsp	2 tsp
mint	1 packet	1 packet
mixed salad leaves	1 medium packet	1 large packet
white wine vinegar*	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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.



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.



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.



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!





Follow method above, cooking in batches if necessary.



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.

