



# Herby Chicken & Roast Veggie Israeli Couscous with Garlic Yoghurt

Grab your Meal Kit  
with this symbol



Kumara



Red Onion



Carrot



Beetroot



Chermoula  
Spice Blend



Israeli Couscous



Vegetable Stock  
Powder



Garlic & Herb  
Seasoning



Chicken Thigh



Garlic



Greek-Style  
Yoghurt



Parsley

**Keep an eye out...**  
Due to recent sourcing challenges, we've replaced cauliflower with kumara, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: **20-30 mins**  
 Ready in: **30-40 mins**

Calorie Smart

Eat Me Early

Just 30 minutes is all you need to make this succulent chicken coated in our famous garlic and herb seasoning. Teamed with fluffy pearls of Israeli couscous and bright, spiced veggies, this bowl of goodness will be your favourite go-to in no time.

### Pantry items

Olive Oil

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Oven tray lined with baking paper · Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
kumara	1 (medium)	1 (large)
red onion	1 (medium)	1 (large)
carrot	1	2
beetroot	1	2
chermoula spice blend	1 sachet	1 sachet
Israeli couscous	1 packet	2 packets
water*	1¼ cups	2½ cups
vegetable stock powder	1 medium sachet	1 large sachet
garlic & herb seasoning	1 sachet	1 sachet
chicken thigh	1 packet	1 packet
garlic	1 clove	2 cloves
Greek-style yoghurt	1 medium packet	1 large packet
parsley	1 bag	1 bag

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2440kJ (583Cal)	456kJ (109Cal)
Protein (g)	42.4g	7.9g
Fat, total (g)	12.2g	2.3g
- saturated (g)	4.1g	0.8g
Carbohydrate (g)	70.7g	13.2g
- sugars (g)	22.2g	4.1g
Sodium (mg)	1310mg	246mg

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.



## Get prepped

Preheat the oven to **240°C/220°C fan-forced**. Peel the **kumara**, then cut into bite-sized chunks. Cut the **red onion** into wedges. Cut the **carrot** into bite-sized chunks. Cut the **beetroot** into small chunks.



## Roast the veggies

Place the **kumara**, **onion**, **carrot** and **beetroot** on a lined oven tray. Drizzle generously with **olive oil**, season with **salt** and **pepper** and sprinkle with the **chermoula spice blend**. Toss to coat, then add a splash of **water** to the tray and roast until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide between two trays.

**TIP:** Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



## Cook the couscous

While the veggies are roasting, heat a medium saucepan over a medium-high heat with a drizzle of **olive oil**. Toast the **Israeli couscous**, stirring occasionally, until golden, **1-2 minutes**. Add the **water** and **vegetable stock powder**. Reduce the heat to medium, then simmer, stirring occasionally, until the couscous is tender and the water is absorbed, **10-12 minutes**. Cover to keep warm.



## Cook the chicken

While the couscous is cooking, combine the **garlic & herb seasoning** and a drizzle of **olive oil** in a medium bowl. Add the **chicken thigh** and toss to coat. Finely chop the **garlic**. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **garlic** until fragrant, **1 minute**. Transfer the **garlic oil mixture** to a small bowl, then add the **Greek-style yoghurt**. Season to taste and stir to combine. Set aside. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **chicken**, turning occasionally, until browned and cooked through, **10-14 minutes**.

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



## Toss the veggies

Roughly chop the **parsley**. Add the **roasted veggies** to the **couscous** and toss to combine.



## Serve up

Slice the chicken thigh. Divide the roast veggie Israeli couscous between bowls and top with the chicken. Garnish with the parsley. Spoon over the garlic yoghurt to serve.

## Enjoy!