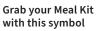


Herby Chicken & Roast Veggie Israeli Couscous with Garlic Yoghurt

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Carrot



Chermoula Spice Blend







Vegetable Stock



Garlic & Herb

Seasoning

Powder







Chicken Thigh



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!

Pantry items

Olive Oil

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



Calorie Smart

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.

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 \cdot Medium saucepan \cdot Large frying pan

Ingredients

2 People	4 People
refer to method	refer to method
1 (medium)	1 (large)
1 (medium)	1 (large)
1	2
1	2
1 sachet	1 sachet
1 packet	2 packets
1¼ cups	2½ cups
1 medium sachet	1 large sachet
1 sachet	1 sachet
1 packet	1 packet
1 clove	2 cloves
1 medium packet	1 large packet
1 bag	1 bag
	refer to method 1 (medium) 1 (medium) 1 1 1 sachet 1 packet 1¼ cups 1 medium sachet 1 sachet 1 sachet 1 medium sachet 1 medium sachet

^{*}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 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!

If you have any questions or concerns, please visit hellofresh.co.nz/contact