



Dinner - Chermoula Yoghurt Chicken & Roast Veggie Couscous
Lunch - Chicken & Roast Kumara Salad with Yoghurt Dressing

Grab your Meal Kit with this symbol



Red Onion



Carrot



Kumara



Peeled & Chopped Pumpkin



Garlic



Lemon



Parsley



Chermoula Spice Blend



Yoghurt



Chicken Breast Strips



Vegetable Stock



Couscous



Flaked Almonds

FOR YOUR LUNCH



Baby Spinach Leaves



Tomato



Spinach & Rocket Mix



Currants



Feta

Pantry items

Olive Oil

DINNER
 Hands-on: **35-45 mins**
 Ready in: **45-55 mins**

LUNCH
 Ready in: **10 mins**

Eat me early

Cook once, with a twist for lunch. Cook an amazing dinner as usual, then put a new twist on the recipe to create something different for lunch the next day! Combine our popular chermoula spice mix with yoghurt for a tasty marinade that keeps chicken strips tasty and tender over a bed of fragrant couscous and veggies. At lunch, transform it into a colourful roast kumara salad with creamy feta for a guaranteed flavour sensation.

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

Two oven trays lined with baking paper
Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1 (medium)	1 (large)
carrot	1	2
kumara	1	1
peeled & chopped pumpkin	1 packet (400g)	1 packet (800g)
garlic	4 cloves	6 cloves
lemon	1	1
parsley	1 bunch	1 bunch
chermoula spice blend	2 sachets	3 sachets
salt*	½ tsp	¾ tsp
yoghurt	1 large packet	1 large & 1 small packet
chicken breast strips	1 packet	2 packets
water*	¾ cup	1½ cups
vegetable stock	1 sachet	1 sachet
couscous	1 packet	2 packets
flaked almonds	1 packet	2 packets
baby spinach leaves	1 bag (30g)	1 bag (60g)
tomato	1	1
spinach & rocket mix	1 bag (60g)	1 bag (60g)
currants	1 sachet	1 sachet
feta	1 block (50g)	1 block (50g)

*Pantry Items

Nutrition

DINNER	PER SERVING	PER 100G
Energy (kJ)	2600kJ (622Cal)	418kJ (100Cal)
Protein (g)	50.4g	8.1g
Fat, total (g)	15.4g	2.5g
- saturated (g)	4.6g	0.7g
Carbohydrate (g)	64.4g	10.3g
- sugars (g)	21.0g	3.4g
Sodium (mg)	1160mg	186mg

LUNCH

Energy (kJ)	2250kJ (537Cal)	481kJ (115Cal)
Protein (g)	45.2g	9.7g
Fat, total (g)	25.1g	5.4g
- saturated (g)	8.9g	1.9g
Carbohydrate (g)	29.7g	6.4g
- sugars (g)	19.3g	4.1g
Sodium (mg)	980mg	210mg

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.

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DINNER



1. Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Slice the **red onion** into 1cm wedges. Slice the **carrot** (unpeeled) into 1cm half-moons. Cut the **kumara** (unpeeled) into 2cm chunks. Place the **peeled & chopped pumpkin, onion** and **carrot** on an oven tray lined with baking paper. Place the **kumara** on a second oven tray lined with baking paper. **Drizzle** both trays with **olive oil** and season with a **pinch** of **pepper**. Toss to coat, then roast until tender, **25-30 minutes**.

TIP: The kumara will be used in step 6 for lunch!



4. Cook the chicken

While the couscous is cooking, heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a small bowl. Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. When the oil is hot, add the **chicken** and cook, tossing occasionally, until golden and cooked through, **3-4 minutes**. Thickly slice the **chicken** and reserve two portions for lunch.

TIP: If your pan is getting crowded, cook in batches for the best results!



2. Flavour the chicken

While the veggies are roasting, finely chop the **garlic** (or use a garlic press). Zest the whole **lemon**, then slice into wedges. Roughly chop the **parsley** leaves. In a large bowl, combine the **garlic, chermoula spice blend, the salt** and **yoghurt (2 tbs for 2 people / 3 tbs for 4 people)**. Add the **chicken breast strips** and toss to coat. Set aside.



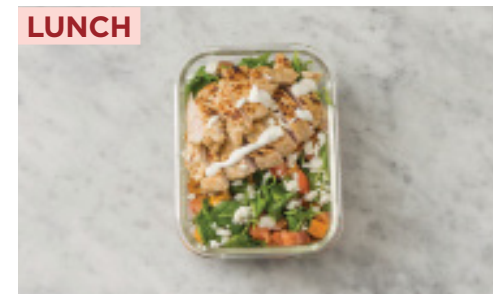
5. Serve up dinner

While the chicken is cooking, combine the **remaining yoghurt, lemon zest, a generous squeeze of lemon juice** and a **pinch** of **salt** and **pepper** in a small bowl. Set aside. Add the roasted **pumpkin, carrot, onion** and the **baby spinach leaves** to the **couscous** and stir to combine. Season to taste. Divide the **roast veggie couscous** between bowls. Top with the **remaining chicken strips** and a dollop of the **lemon yoghurt (reserve 2 portions for lunch!)**. Garnish with the **parsley** and **toasted almonds**. Serve with the **remaining lemon wedges**.



3. Cook the couscous

In a medium saucepan, add the **water** and **vegetable stock** and bring to the boil. Add the **couscous** and a **drizzle of olive oil**. Stir to combine, cover with a lid and remove from the heat. Set aside until the water is absorbed, **5 minutes**. Fluff up with a fork and set aside uncovered.



6. Make lunch

When you're ready to pack lunch, roughly chop the **tomato**. Add a **drizzle of olive oil** to the **remaining lemon yoghurt**, stir to combine, then divide between two reusable containers. Divide the roasted **kumara, tomato, spinach & rocket mix** and **currants** between the two containers. Top with the **reserved chicken**. Crumble over the **feta**. Refrigerate. At lunch, season to taste and toss well to combine.

Enjoy!