



Mild North Indian Chicken & Veggie Couscous

with Currants & Pumpkin Seeds

Grab your Meal Kit with this symbol



Cauliflower



Carrot



Garlic



Baby Spinach Leaves



Mild North Indian Spice Blend



Chicken Thigh



Pumpkin Seeds (Pepitas)



Currants



Chicken-Style Stock Powder



Couscous



Greek-Style Yoghurt



Chicken Breast

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

Eat me early

Calorie Smart*

They say variety is the spice of life, so we've combined succulent chicken and roasted cauliflower with North Indian flavours for the ultimate meal that's sure to please! Just add some sweet currants for an explosion of colour and flavour.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter

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 · Large frying pan · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion (200g)	1 portion (400g)
carrot	1	2
garlic	2 cloves	4 cloves
baby spinach leaves	1 bag (30g)	1 bag (60g)
mild North Indian spice blend	1 sachet	1 sachet
chicken thigh	1 packet	1 packet
pumpkin seeds (pepitas)	½ packet	1 packet
butter*	10g	20g
water*	¾ cup	1½ cups
currants	½ packet	1 packet
chicken-style stock powder	1 sachet	1 sachet
couscous	1 packet	1 packet
Greek-style yoghurt	1 medium packet	1 large packet
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Base Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2604kJ (622Cal)	526kJ (125Cal)
Protein (g)	43.6g	8.8g
Fat, total (g)	24g	4.8g
- saturated (g)	7.9g	1.6g
Carbohydrate (g)	60.5g	12.2g
- sugars (g)	17.3g	3.5g
Sodium (mg)	1082mg	218mg

Custom Recipe

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The quantities provided above are averages only.

*Custom recipe is not Calorie Smart.

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.

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

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Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **cauliflower** into small florets. Cut 1/2 the **carrot** into small chunks. Place the **cauliflower** and chopped **carrot** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **15-20 minutes**.



Cook the chicken

Return the frying pan to a medium heat with a drizzle of **olive oil**. Cook the **chicken**, turning occasionally, until browned and cooked through, **10-14 minutes**.

TIP: The spice blend will char in the pan – this adds to the flavour!

CUSTOM RECIPE

Heat the pan as above. Cook the chicken until browned and cooked through, 3-5 minutes each side.



Get prepped

While the veggies are roasting, finely chop the **garlic**. Grate the remaining **carrot**. Roughly chop the **baby spinach leaves**. In a medium bowl, combine the **mild North Indian spice blend** and a drizzle of **olive oil**. Season with **salt**, then add the **chicken thigh** and toss to coat. Set aside.

CUSTOM RECIPE

Place your hand flat on top of each chicken breast and use a knife to slice through horizontally to make two thin steaks. In a medium bowl, combine the mild North Indian spice blend and a drizzle of olive oil. Season with salt, then add the chicken and toss to coat. Set aside.



Cook the couscous

While the chicken is cooking, melt the **butter** in a medium saucepan over a medium-high heat. Cook the **garlic** until fragrant, **1 minute**. Add the **water**, grated **carrot**, **currants** (see ingredients) and the **chicken-style stock powder** 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 all the water is absorbed, **5 minutes**. Fluff up with a fork, then stir through the roasted **veggies** and **baby spinach**.



Toast the pumpkin seeds

Heat a large frying pan over a medium-high heat. Add the **pumpkin seeds** (see ingredients) and toast, tossing, until golden, **2-3 minutes**. Transfer to a small bowl.



Serve up

Slice the mild North Indian chicken. Divide the veggie couscous between bowls and top with the chicken and **Greek-style yoghurt**. Sprinkle over the toasted pumpkin seeds.

Enjoy!