



Moroccan Honey Chicken & Veggie Couscous

with Currants & Lemon Yoghurt

Grab your Meal Kit with this symbol



Red Onion



Parsnip



Peeled & Chopped Pumpkin



Chermoula Spice Blend



Chicken Thigh



Garlic



Currants



Chicken-Style Stock Powder



Couscous



Baby Spinach Leaves



Lemon



Mint



Yoghurt

Hands-on: **30-40 mins**
 Ready in: **40-50 mins**

Eat me early

We love the way honey caramelises in a pan, lending a crispy, sticky finish to chicken. We've used chicken thigh here because it packs a fantastic flavour, remains moist as it cooks and complements the bed of delicious roast veggie couscous that comes with it.

Pantry items

Olive Oil, Plain Flour, Honey, 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
red onion	1 (medium)	1 (large)
parsnip	1	2
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
plain flour*	1 tsp	2 tsp
chermoula spice blend	1 sachet	1 sachet
salt*	¼ tsp	½ tsp
chicken thigh	1 packet	1 packet
honey*	2 tsp	4 tsp
garlic	2 cloves	4 cloves
butter*	20g	40g
water*	¾ cup	1½ cups
currants	½ packet	1 packet
chicken-style stock powder	1 sachet	1 sachet
couscous	1 packet	2 packets
baby spinach leaves	1 bag (30g)	1 bag (60g)
lemon	½	1
mint	1 bunch	1 bunch
yoghurt	1 small packet	1 large packet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2690kJ (642Cal)	517kJ (124Cal)
Protein (g)	43.1g	8.3g
Fat, total (g)	20.4g	3.9g
- saturated (g)	9.6g	1.8g
Carbohydrate (g)	66.9g	12.9g
- sugars (g)	23.0g	4.4g
Sodium (mg)	781mg	150mg

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.



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Slice the **red onion** into 2cm wedges. Cut the **parsnip** (unpeeled) into 1cm chunks. Place the **peeled & chopped pumpkin, onion** and **parsnip** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Spread in a single layer and roast until tender, **20-25 minutes**. Remove the tray from the oven and allow to cool slightly.

TIP: Cut the veggies to size so they cook in time.



Make the lemon yoghurt

While the couscous is cooking, roughly chop the **baby spinach leaves**. Zest the **lemon** to get a pinch, then slice into wedges. Pick and thinly slice the **mint** leaves. In a small bowl, combine the **yoghurt** and a squeeze of **lemon juice**. Season to taste and set aside.



Cook the chicken

While the veggies are roasting, combine the **plain flour, chermoula spice blend** and the **salt** in a large bowl. Add the **chicken thigh** and toss to coat. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **chicken**, turning occasionally, until browned and cooked through, **10-14 minutes**. In the last **2 minutes** of cook time, add the **honey** and turn the **chicken** to coat.



Finish the couscous

In a large bowl, combine the **couscous**, roasted **veggies, baby spinach, lemon zest** and **mint** (reserve some for garnish). Season to taste.



Make the couscous

While the chicken is cooking, finely chop the **garlic**. In a medium saucepan, melt the **butter** over a medium-high heat. Add the **garlic** and cook until fragrant, **1 minute**. Add the **water, 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.



Serve up

Slice the chicken. Divide the roasted veggie couscous between bowls and top with the Moroccan honey chicken. Drizzle over the lemon yoghurt and garnish with the reserved mint.

Enjoy!