



Moroccan Honey Chicken

with Roast Veggie Couscous, 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



Greek-Style Yoghurt



Chicken Breast

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

Eat Me Early

Calorie Smart*

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.



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

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*	½ tbs	1 tbs
garlic	2 cloves	4 cloves
butter*	10g	40g
water*	¾ cup	1½ cups
currants	½ packet	1 packet
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
couscous	1 packet	1 packet
baby spinach leaves	1 bag (30g)	1 bag (60g)
lemon	½	1
mint	1 bag	1 bag
Greek-style yoghurt	1 medium packet	1 large packet
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Base Recipe	Per Serving	Per 100g
Avg Qty		
Energy (kJ)	2672kJ (638Cal)	496kJ (118Cal)
Protein (g)	42.8g	7.9g
Fat, total (g)	22.3g	4.1g
- saturated (g)	7.4g	1.4g
Carbohydrate (g)	67.6g	12.5g
- sugars (g)	22.2g	4.1g
Sodium (mg)	1311mg	243mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2827kJ (676Cal)	520kJ (124Cal)
Protein (g)	42.8g	7.9g
Fat, total (g)	26.5g	4.9g
- saturated (g)	10.1g	1.9g
Carbohydrate (g)	67.6g	12.4g
- sugars (g)	22.2g	4.1g
Sodium (mg)	1330mg	244mg

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



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Slice the **red onion** into wedges. Cut the **parsnip** into small chunks. Place the **onion, parsnip** and **peeled & chopped pumpkin** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Spread out evenly and roast until tender, **20-25 minutes**. Remove from the oven and allow the veggies to cool slightly.



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 turn 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. Remove from the heat.

CUSTOM RECIPE

If you've swapped your chicken thigh for breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. Combine chicken with chermoula mixture and heat pan as above. Cook chicken until browned and cooked through, 3-5 minutes each side. In the last 2 minutes of cook time, add honey as above.



Make the garlic couscous

While the chicken is cooking, finely chop the **garlic**. In a medium saucepan, melt the **butter** over a medium-high heat. Cook the **garlic** until fragrant, **1 minute**. Add the **water, currants** (see ingredients) and the **chicken-style stock powder** and bring to the boil. Add the **couscous**, 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.



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 roughly chop the **mint** leaves. In a small bowl, combine the **Greek-style yoghurt** and a squeeze of **lemon juice**. Season to taste and set aside.



Finish the couscous

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

TIP: Add everything to the couscous in the saucepan to save on washing up!



Serve up

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

Enjoy!