



Spiced Chicken & Roast Veggie Couscous

with Lemon Yoghurt

Grab your Meal Kit with this symbol



Red Onion



Beetroot



Peeled & Chopped Pumpkin



Garlic



Lemon



Spring Onion



Baby Spinach Leaves



Chicken Breast



Ras El Hanout



Beef-Style Stock Powder



Couscous



Greek-Style Yoghurt

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

Eat Me Early

Calorie Smart

Rich spices, honey and lemon combine to give chicken an irresistible flavour boost. Perched on a bed of tender roast veggies and fluffy couscous, then topped with zesty lemon yoghurt, this has something for everyone.

Pantry items

Olive Oil, 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

Two oven trays 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	½	1
beetroot	1	2
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
garlic	1 clove	2 cloves
lemon	½	1
spring onion	1 stem	2 stems
baby spinach leaves	1 bag (30g)	1 bag (60g)
chicken breast	1 packet	1 packet
ras el hanout	1 sachet	1 sachet
salt*	¼ tsp	½ tsp
honey*	1 tbs	2 tbs
butter*	20g	40g
water*	¾ cup	1½ cups
beef-style stock powder	1 sachet (5g)	1 sachet (10g)
couscous	1 packet	1 packet
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2704kJ (646Cal)	475kJ (114Cal)
Protein (g)	44.4g	7.8g
Fat, total (g)	22.7g	4g
- saturated (g)	9.4g	1.7g
Carbohydrate (g)	65.8g	11.6g
- sugars (g)	24.2g	4.2g
Sodium (mg)	860mg	151mg

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.



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **red onion** (see ingredients) into wedges. Cut the **beetroot** into small chunks. Place the **peeled & chopped pumpkin, onion and beetroot** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender, **25-30 minutes**.

TIP: If your oven tray is crowded, divide between two trays.



Make 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** and **beef-style stock powder** and bring to the boil. Add the **couscous** and stir to combine, then cover with a lid and remove from the heat. Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork. Add the **roasted veggies, baby spinach, lemon zest** and **spring onion** (reserve a little for garnish) to the **couscous** and stir to combine. Season to taste.



Get prepped

While the veggies are roasting, finely chop the **garlic**. Zest the **lemon** to get a pinch, then cut into wedges. Thinly slice the **spring onion**. Roughly chop the **baby spinach leaves**. Place your hand flat on top of the **chicken breast** and slice through horizontally to make two thin steaks. In a large bowl, combine the **ras el hanout**, a drizzle of **olive oil** and the **salt**. Add the **chicken**, season with **pepper**, then turn to coat.



Make the lemon yoghurt

In a small bowl, combine the **Greek-style yoghurt** and a squeeze of **lemon juice**. Season to taste.



Cook the chicken

Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **chicken** until browned, **2 minutes** each side. Add the **honey** and turn to coat, **1-2 minutes**. Transfer the **chicken** to a second lined oven tray, then bake until cooked through, **8-12 minutes**.

TIP: The chicken will char a little in the pan, this adds to the flavour!

TIP: Chicken is cooked through when it's no longer pink inside.



Serve up

Slice the spiced chicken. Divide the roast veggie couscous between bowls and top with the chicken, spooning over any resting juices. Dollop with the lemon yoghurt and garnish with the reserved spring onion. Serve with any remaining lemon wedges.

Enjoy!