



Quick Spiced and Herby Chicken with Zhoug Couscous, Courgette and Yoghurt

Quick 20 Minutes • **Medium Spice** • 1 of your 5 a day

12



Garlic Clove



Chicken Stock
Paste



Couscous



Zhoug Style
Paste



Diced Chicken
Breast



Roasted Spice
and Herb Blend



Courgette



Lemon



Low Fat
Natural Yoghurt

Pantry Items

Oil, Salt, Pepper, Honey

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Garlic press, saucepan, lid, frying pan, fine grater and bowl.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Chicken Stock Paste	10g	15g	20g
Couscous 13	120g	180g	240g
Zhoug Style Paste	50g	75g	100g
Diced Chicken Breast**	260g	390g	520g
Roasted Spice and Herb Blend	1 sachet	1 sachet	2 sachets
Courgette**	1	2	2
Lemon**	½	1	1
Low Fat Natural Yoghurt** 7)	75g	120g	150g
Pantry	2P	3P	4P
Water for the Couscous*	200ml	300ml	400ml
Honey*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2397 /573	450 /107
Fat (g)	16.4	3.1
Sat. Fat (g)	3.0	0.6
Carbohydrate (g)	60.6	11.4
Sugars (g)	14.6	2.7
Protein (g)	44.3	8.3
Salt (g)	1.93	0.36

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass

Contact

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Cook the Zhoug Couscous

- Peel and grate the **garlic** (or use a garlic press).
- Add the **water for the couscous** (see pantry for amount), **chicken stock paste** and **half the garlic** to a saucepan and bring to the boil.
- When boiling, remove from the heat. Stir in the **couscous** and **zhoug style paste** (add less if you'd prefer things milder).
- Pop a lid on the pan and leave to the side for 8-10 mins or until ready to serve.



Bring on the Veg

- When the **chicken** is cooked, remove from the heat and drizzle over the **honey** (see pantry for amount). Toss to coat the **chicken**, then transfer it to a bowl. Wipe out the pan.
- Pop your (now empty) frying pan back on medium heat with a drizzle of **oil**.
- Once hot, add the **courgette** to the pan. Season with **salt** and **pepper**, then fry until softened, 3-4 mins.
- Add the **chicken** back into the pan and stir together with the **veg**, then cook for 2 mins more.



Fry the Chicken

- Meanwhile, heat a drizzle of **oil** in a frying pan on high heat.
- Once hot, add the **diced chicken** and sprinkle over the **roasted herb and spice blend**. Season with **salt** and **pepper**.
- Fry until the **chicken** is golden brown on the outside and cooked through, 8-10 mins.
IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.
- Add the remaining **garlic** and fry for 1 min more.



Combine and Stir

- Fluff up the **cooked couscous** with a fork.
- Add the **couscous** to the **chicken** and **veg** pan. Stir through with the **lemon zest** and squeeze in the **juice** of **half the lemon** until combined.
- Taste and add **salt** and **pepper** if needed.



Get Prepped

- While the **chicken** cooks, trim the **courgette**, then quarter lengthways. Cut into 1cm chunks.
- Zest and halve the **lemon** (see ingredients for amount).



Serve

- Spoon the **spiced chicken and couscous** into your bowls.
- Top with a drizzle of **yoghurt**.
- Serve with the remaining **lemon** cut into **wedges** for squeezing over.

Enjoy!