

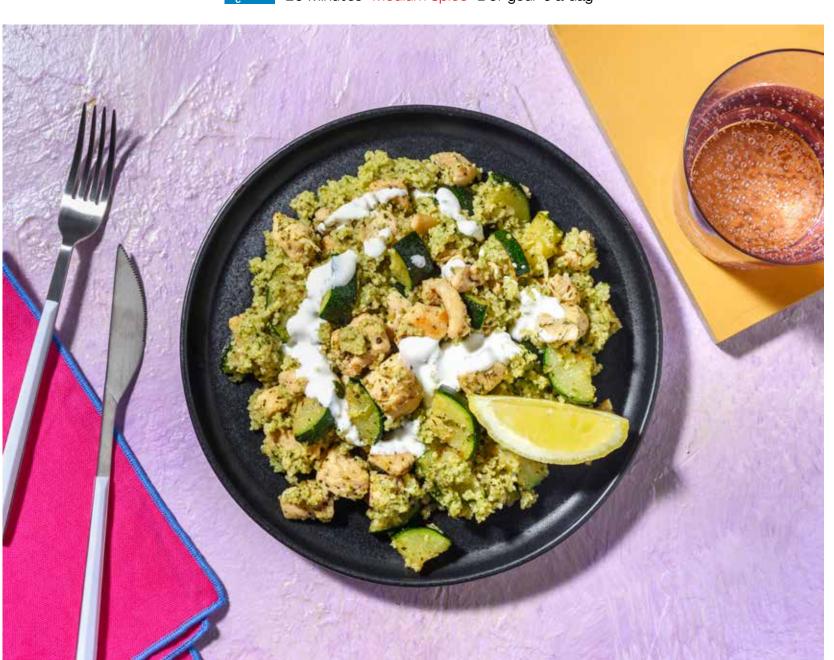
# Quick Spiced and Herby Chicken

with Zhoug Couscous, Courgette and Yoghurt



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











Garlic Clove





Couscous



Diced Chicken



Roasted Spice and Herb Blend

Zhoug Style Paste



Courgette



Lemon



Natural Yoghurt

# 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

### 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**	1/2	1	1
Low Fat Natural Yoghurt** <b>7)</b>	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	Per serving	Per 100g
for uncooked ingredient	533g	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

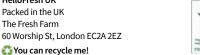
### Contact

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#### HelloFresh UK

Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ









### Cook the Zhoug Couscous

- a) Peel and grate the garlic (or use a garlic press).
- b) 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.
- c) When boiling, remove from the heat. Stir in the couscous and zhoug style paste (add less if you'd prefer things milder).
- d) Pop a lid on the pan and leave to the side for 8-10 mins or until ready to serve.



# Fry the Chicken

- a) Meanwhile, heat a drizzle of oil in a frying pan on high heat.
- b) Once hot, add the diced chicken and sprinkle over the roasted herb and spice blend. Season with salt and pepper.
- c) 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.
- d) Add the remaining garlic and fry for 1 min more.



# **Get Prepped**

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



### Bring on the Veg

- a) 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.
- **b)** Pop your (now empty) frying pan back on medium heat with a drizzle of oil.
- c) Once hot, add the courgette to the pan. Season with salt and pepper, then fry until softened, 3-4 mins.
- d) Add the chicken back into the pan and stir together with the veg, then cook for 2 mins more.



### Combine and Stir

- a) Fluff up the cooked couscous with a fork.
- **b)** 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.
- c) Taste and add salt and pepper if needed.



### Serve

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

# Enjoy!