



# Herby Chicken Thighs and Chermoula Couscous with Honey Roasted Carrots and Yoghurt

Calorie Smart 25-30 Minutes • Mild Spice • 2 of your 5 a day • Under 650 Calories

24



Carrot



Flat Leaf Parsley



Garlic Clove



Chicken Thighs



Roasted Spice and Herb Blend



Chermoula Spice Mix



Couscous



Chicken Stock Paste



Greek Style Natural Yoghurt



Wild Rocket

**Pantry Items**

Oil, Salt, Pepper, Honey, Olive Oil

## 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

Baking tray, garlic press, bowl, frying pan, saucepan and lid.

## Ingredients

Ingredients	2P	3P	4P
Carrot**	3	5	6
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Garlic Clove**	2	3	4
Chicken Thighs**	3	5	6
Roasted Spice and Herb Blend	1 sachet	1 sachet	2 sachets
Chermoula Spice Mix	1 sachet	1 sachet	2 sachets
Couscous <b>13</b>	120g	180g	240g
Chicken Stock Paste	10g	15g	20g
Greek Style Natural Yoghurt** <b>7</b>	75g	150g	150g
Wild Rocket**	20g	40g	40g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
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	536g	100g
Energy (kJ/kcal)	2706 /647	505 /121
Fat (g)	25.3	4.7
Sat. Fat (g)	8.0	1.5
Carbohydrate (g)	65.3	12.2
Sugars (g)	19.1	3.6
Protein (g)	43.3	8.1
Salt (g)	1.84	0.34

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, cereals containing 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. Be careful when adding water to hot pans while cooking.


HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

## Contact

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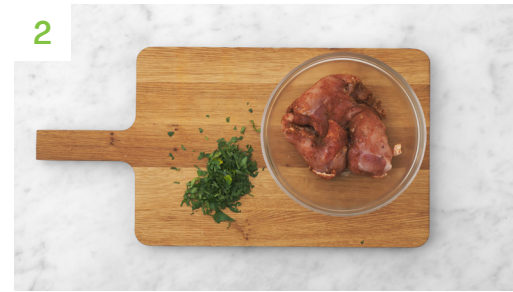
## Roast the Carrots

Preheat your oven to 220°C/200°C fan/gas mark 7.

Trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.

Pop the **carrots** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

When the oven is hot, roast on the top shelf until tender, 20-25 mins. Turn halfway through.



## Get Prepped

Meanwhile, roughly chop the **parsley** (stalks and all). Peel and grate the **garlic** (or use a garlic press).

In a medium bowl, add the **chicken thighs** and **roasted spice and herb blend**. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.**



## Fry the Chicken

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, lay the **chicken thighs** flat in the pan. Fry until browned on each side and cooked through, 13-15 mins. Turn every 2-3 mins.

Once cooked, transfer to your board and allow to rest for a couple of mins. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**



## Cook the Couscous

Meanwhile, heat a drizzle of **oil** in a large saucepan (with a tight-fitting lid) on medium heat.

Once hot, add the **garlic** and **chermoula spice mix**. Fry for 30 secs, then add the **couscous** and stir until coated, 1 min.

Add the **chicken stock paste** and **water for the couscous** (see pantry for amount). Stir to combine and bring to the boil.

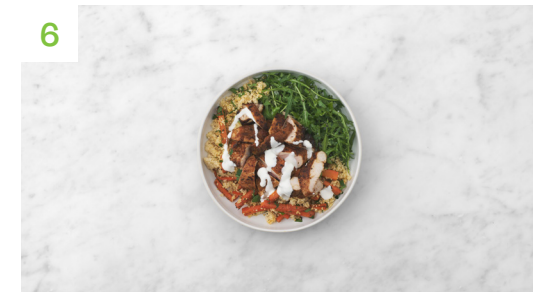
Pop a lid on the pan and leave to the side, off the heat, for 8-10 mins, or until ready to serve.



## Hey Honey

When the **carrots** have 5 mins remaining, remove the tray from the oven.

Drizzle over the **honey** (see pantry for amount) and toss to coat. Return to the oven for the remaining time. When everything's ready, fluff up the **couscous** with a fork. Stir through the **roasted carrots** and **parsley**.



## Serve Up

Slice the **chicken** widthways into 1cm slices.

Share the **couscous** between your bowls and top with the **herby chicken**. Drizzle over the **yoghurt**.

Serve the **rocket** alongside drizzled with a little **olive oil**.

## Enjoy!