



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

Quick 20-25 Minutes • **Medium Spice** • 2 of your 5 a day

16



Garlic Clove



Chicken Stock Paste



Couscous



Courgette



Carrot



Lemon



Diced Chicken Breast



Roasted Spice and Herb Blend



Zhoug Style Paste



Low Fat Natural Yoghurt

Pantry Items

Oil, Salt, Pepper, Sugar, 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, grater, fine grater, bowl and frying pan.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Chicken Stock Paste	10g	15g	20g
Couscous 13	120g	180g	240g
Courgette**	1	2	2
Carrot**	1	1½	2
Lemon**	1	1½	2
Diced Chicken Breast**	240g	390g	520g
Roasted Spice and Herb Blend	1 sachet	1 sachet	2 sachets
Zhoug Style Paste	45g	90g	90g
Low Fat Natural Yoghurt** 7)	75g	120g	150g
Pantry	2P	3P	4P
Water for the Couscous*	200ml	300ml	400ml
Sugar*	1 tsp	1½ tsp	2 tsp
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)	2473 /591	415 /99
Fat (g)	15.1	2.5
Sat. Fat (g)	2.3	0.4
Carbohydrate (g)	68.9	11.6
Sugars (g)	21.0	3.5
Protein (g)	44.7	7.5
Salt (g)	2.01	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. 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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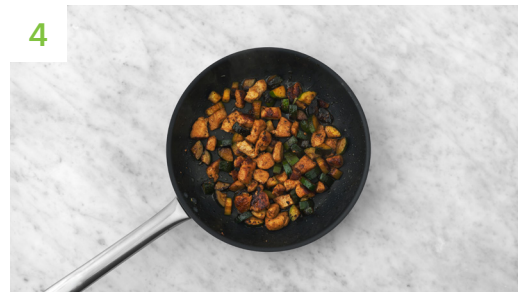
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Cook the Couscous

- 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 large saucepan and bring to the boil.
- When boiling, remove from the heat, stir in the **couscous** and pop a lid on the pan. Leave to the side for 8-10 mins or until ready to serve.



Honey Honey

- Lower the heat to medium, add the remaining **garlic** to the pan and fry for 1 min more.
- Remove the pan from the heat and drizzle over the **honey** (see pantry for amount). Toss to coat.



Pickle the Carrot

- Meanwhile, trim the **courgette**, then quarter lengthways. Cut into 1cm chunks. Trim the **carrot**, then coarsely grate (no need to peel).
- Zest and halve the **lemon**.
- In a medium bowl, add the **carrot**, **juice** from **half the lemon** and **sugar** (see pantry for amount). Season with **salt** and **pepper**, toss to combine, then set aside.



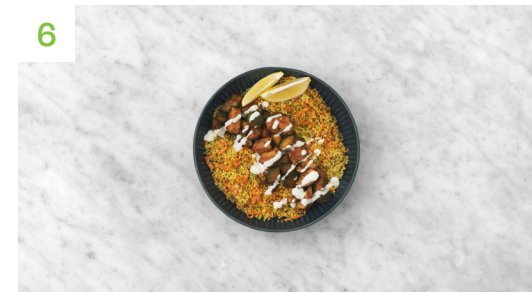
Finishing Touches

- Fluff up the **couscous** with a fork.
- Stir through the **zhoug**, **pickled carrot** and a pinch of **lemon zest**.



Fry the Chicken

- Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat.
- Once hot, add the **diced chicken** and **courgette**, sprinkle over the **roasted spice and herb 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.



Serve

- Spoon the **couscous** into your bowls.
- Top with the **spiced chicken**. Drizzle over the **yoghurt**.
- Cut the remaining **lemon** into wedges for squeezing over.

Enjoy!