



Spiced Chicken and Zhoug Couscous with Yoghurt

Super Quick 15 Minutes • **Very Hot**

7



Couscous



Chicken Stock
Paste



Diced British
Chicken Breast



Roasted Spice
and Herb Blend



Tomato Puree



Honey



Baby Spinach



Zhoug Style
Paste



Greek Style
Natural Yoghurt

Pantry Items

Oil, Salt, Pepper, Butter

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

Kettle, bowl and frying pan.

Ingredients

Ingredients	2P	3P	4P
Couscous 13)	120g	180g	240g
Chicken Stock Paste	20g	30g	40g
Diced British Chicken Breast**	240g	390g	520g
Roasted Spice and Herb Blend	1 sachet	1 sachet	2 sachets
Tomato Puree	30g	45g	60g
Honey	15g	22g	30g
Baby Spinach**	40g	100g	100g
Zhoug Style Paste	45g	67g	90g
Greek Style Natural Yoghurt** 7)	75g	120g	150g
Pantry	2P	3P	4P
Boiled Water for the Couscous*	200ml	300ml	400ml
Water for the Sauce*	150ml	225ml	300ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	490g	100g
Energy (kJ/kcal)	2754 / 658	562 / 134
Fat (g)	26.5	5.4
Sat. Fat (g)	9.6	2.0
Carbohydrate (g)	57.3	11.7
Sugars (g)	13.5	2.8
Protein (g)	44.1	9.0
Salt (g)	3.05	0.62

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, mollusc, 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.

Contact

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1



Get Started

- Boil a half-full kettle.
- Put the **couscous** in a bowl.
- Pour in the **boiled water** (see pantry). Stir in **half** the **chicken stock paste**, then cover tightly with cling film.
- Leave to the side for 10 mins.

3



Flavour Time

- Mix the **roasted spice and herb blend**, **tomato puree**, **water** (see pantry) and remaining **chicken stock paste** into the **chicken**.
- Stir through the **honey** and **butter** (see pantry). **TIP:** Pop hardened honey into hot water for 1 min.
- Add the **spinach** in handfuls, making sure it's piping hot, 1-2 mins.

2



Get Frying

- Next, heat a drizzle of **oil** in a frying pan on medium-high heat.
- Once hot, fry the **chicken**, 8-10 mins. Season with **salt** and **pepper**. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.
- Meanwhile, open the remaining sachets.

4



Dinner's Ready!

- Fluff up the **couscous** with a fork. Stir through the **zhoug** (add less if you'd prefer things milder).
- Share your **couscous** between bowls.
- Top with your **spiced chicken**. Finish with a dollop of **yoghurt**.

Enjoy!