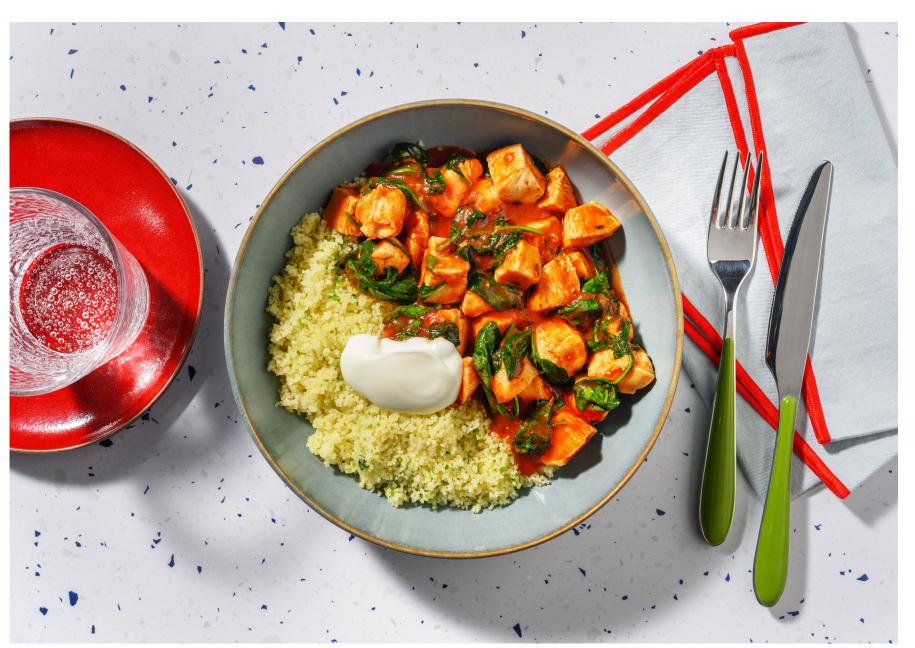


Spiced Chicken and Zhoug Couscous with Yoghurt

Super Quick 15 Minutes • Very Hot









Chicken Stock Paste



Diced British



Chicken Breast





Tomato Puree





Baby Spinach



Zhoug Style Paste



Greek Style 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 are hot!

Cooking tools

Kettle, bowl and frying pan.

Ingredients

3. 5				
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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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.



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.



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.



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!