



Herby Chicken Thighs and Chermoula Couscous with Roasted Carrots and Yoghurt Drizzle

26

Calorie Smart 25-30 Minutes • Medium Spice • 1 of your 5 a day • Under 650 Calories



Carrot



Garlic Clove



Roasted Spice and Herb Blend



British Chicken Thighs



Chermoula Spice Mix



Couscous



Chicken Stock Paste



Sun-Dried Tomato Paste



Low Fat Natural Yoghurt



Wild Rocket



British Chicken Breast

Pantry Items

Oil, Salt, Pepper, Honey

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

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, frying pan, saucepan and lid.

Ingredients

Ingredients	2P	3P	4P
Carrot**	3	5	6
Garlic Clove**	2	3	4
Roasted Spice and Herb Blend	1 sachet	1 sachet	2 sachets
British Chicken Thighs**	3	5	6
Chermoula Spice Mix	1 sachet	1 sachet	2 sachets
Couscous 13	120g	180g	240g
Chicken Stock Paste	10g	15g	20g
Sun-Dried Tomato Paste	25g	37g	50g
Low Fat Natural Yoghurt**	75g	150g	150g
Wild Rocket**	20g	40g	40g
British Chicken Breast**	2	3	4
Pantry	2P	3P	4P
Water for the Couscous*	200ml	300ml	400ml
Honey*	½ tbsp	¾ tbsp	1 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	552g	100g	562g	100g
Energy (kJ/kcal)	2706 / 647	490 / 117	2239 / 535	398 / 95
Fat (g)	24.7	4.5	8.6	1.5
Sat. Fat (g)	6.9	1.3	2.2	0.4
Carbohydrate (g)	65.3	11.8	64.1	11.4
Sugars (g)	17.2	3.1	17.4	3.1
Protein (g)	44.2	8.0	51.6	9.2
Salt (g)	2.20	0.40	2.22	0.39

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.

 You can recycle me!

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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.

Meanwhile, peel and grate the **garlic** (or use a garlic press).

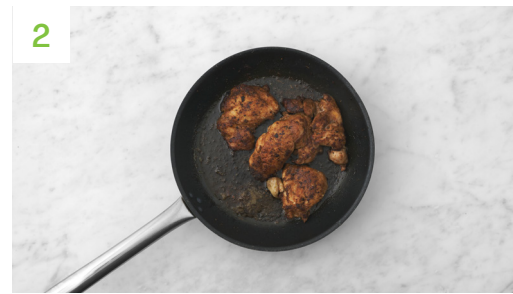


Hello Honey

Once the **chicken** is cooked, remove the pan from the heat.

Drizzle over the **honey** (see pantry for amount) and add a knob of **butter** if you have any.

Turn the **chicken** so it's nicely glazed. Set aside to rest for a few mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Fry the Chicken

Sprinkle the **roasted spice and herb blend** over both sides of the **chicken thighs** and season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

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.

CUSTOM RECIPE

If you've chosen **chicken breast** instead, sandwich each breast between two pieces of baking paper. Pop onto a board, then bash with the bottom of a saucepan until it's 1-2cm thick. Fry on each side, 5-6 mins, then continue as instructed.



Flavour the Couscous

Fluff up the **couscous** with a fork. Stir through the **sun-dried tomato paste** and **roasted carrots**.

Once rested, transfer the **chicken** to a board and slice widthways into 1cm slices (keep any remaining juices from the **chicken** pan).



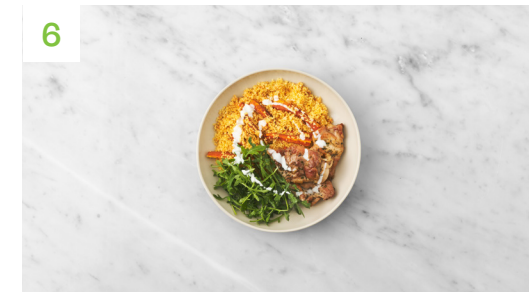
Start the Couscous

While the **chicken** fries, 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** (add less if you'd prefer things milder). 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.



Serve Up

Share the **couscous** and **carrots** between your bowls and top with the **herby chicken**.

Spoon any remaining **juices** from the pan over the **chicken**, then drizzle the **yoghurt** over everything.

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

Enjoy!