



Harissa Chicken and Couscous

with Spinach and Greek Style Yoghurt

Super Quick 15 Minutes • **Medium Spice**

7



Couscous



Chicken Stock Paste



Diced British Chicken Thigh



Tomato Puree



Roasted Spice and Herb Blend



Harissa Paste



Red Wine Stock Paste



Honey



Baby Spinach



Greek Style Natural Yoghurt



Diced British Chicken Breast

Pantry Items
Oil, Salt, Pepper

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

Kettle, bowl cling film and frying pan.

Ingredients

Ingredients	2P	3P	4P
Couscous 13)	120g	180g	240g
Chicken Stock Paste	15g	25g	30g
Diced British Chicken Thigh**	240g	390g	520g
Tomato Puree	30g	45g	60g
Roasted Spice and Herb Blend	1 sachet	1 sachet	2 sachets
Harissa Paste 14)	50g	75g	100g
Red Wine Stock Paste 14)	28g	42g	56g
Honey	15g	22g	30g
Baby Spinach**	40g	100g	100g
Greek Style Natural Yoghurt** 7)	75g	150g	150g
Diced British Chicken Breast**	240g	360g	480g
Pantry	2P	3P	4P
Boiled Water*	200ml	300ml	400ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	419g	100g	419g	100g
Energy (kJ/kcal)	2753 / 658	657 / 157	2492 / 596	595 / 142
Fat (g)	26.2	6.3	16.1	3.8
Sat. Fat (g)	7.2	1.7	4.2	1.0
Carbohydrate (g)	65.8	15.7	65.6	15.6
Sugars (g)	19.0	4.5	19.0	4.5
Protein (g)	40.9	9.8	43.8	10.5
Salt (g)	4.19	1.00	4.13	0.99


Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **13)** Cereals containing gluten **14)** Sulphites

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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1



Cook Couscous

- Boil a half-full kettle.
- Put the **couscous** in a bowl.
- Pour in the **boiled water** (see pantry), stir in the **chicken stock paste**, then cover tightly with cling film. Set aside, 8-10 mins.

3



Flavour Town

- Stir in the **harissa** (add less if you'd prefer things milder), **red wine stock paste**, **honey** and **water** (see pantry). **TIP:** Put hardened honey in hot water for 1 min. Simmer, 2-3 mins.
- Add the **spinach** in handfuls, making sure it's piping hot, 1-2 mins.

2



Get Frying

- 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.
- Add the **tomato puree** and **roasted spice and herb blend**. Cook, 1 min.

CUSTOM RECIPE

If you've chosen **diced chicken breast** instead of **thigh**, cook the recipe in the same way.

4



Dinner's Ready!

- Share the **couscous** between your bowls.
- Top with the **chicken**.
- Add a dollop of **yoghurt**.

Enjoy!