

Glazed Chicken on Sun-Dried Tomato Couscous



with Charred Courgettes, Mint and Yoghurt

Rapid 20 Minutes • Mild Spice • 1 of your 5 a day



Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Kettle, garlic press, bowl, cling film, frying pan and fine

grater. Ingredients

Ingredients	2P	3P	4P	
Garlic Clove**	2	3	4	
Couscous 13)	120g	180g	240g	
Chicken Stock Paste	10g	15g	20g	
Diced Chicken Breast**	260g	390g	520g	
Cornflour	20g	30g	40g	
Courgette**	1	1½	2	
Lime**	1/2	3/4	1	
Mint**	1 bunch	1 bunch	1 bunch	
Greek Style Natural Yoghurt** 7)	75g	120g	150g	
Fresh Chilli Jam	25g	37g	50g	
Sun-Dried Tomato Paste	25g	38g	50g	
Pantry	2P	3P	4P	
Boiled Water for the Couscous*	240ml	360ml	480ml	
Salt*	1⁄4 tsp	¼ tsp	½ tsp	
Water for the Sauce*	50ml	75ml	100ml	
*Not Included **Store in the Fridge				

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Nutrition

Typical Values for uncooked ingredient	Per serving 408g	Per 100g 100g
	2305 /551	565/135
Energy (kJ/kcal)		
Fat (g)	9.9	2.4
Sat. Fat (g)	3.8	0.9
Carbohydrate (g)	70.3	17.2
Sugars (g)	14.9	3.6
Protein (g)	44.1	10.8
Salt (g)	2.35	0.58

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, 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.

Contact

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Cook the Couscous

a) Boil a full kettle.

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

c) Put the couscous in a bowl.

d) Pour in the boiled water for the couscous (see pantry for amount), stir in the chicken stock paste, then cover tightly with cling film. Leave to the side for 10 mins or until ready to serve.

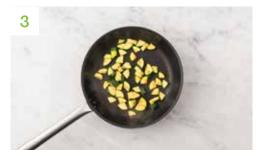


Fry the Chicken

a) Pop the chicken into a medium bowl with the garlic, cornflour and salt (see pantry for amount). Toss to coat.

b) Heat a drizzle of **oil** in a large frying pan on medium-high heat.

c) Once hot, add the chicken to the pan and season with pepper. Fry until 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.



Char the Courgette

a) Meanwhile, trim the courgette, then guarter lengthways. Chop into 1cm chunks.

b) Heat another large frying pan on high heat (no oil).

c) Once hot, add the courgette and cook until charred, 6-8 mins total. Turn only every couple of mins - this will result in the **courgette** picking up some nice colour.

d) Once cooked, season with salt and pepper.



Mix the Zesty Mint Yoghurt

a) Meanwhile, zest and halve the lime (see ingredients for amount).

b) Pick the mint leaves from their stalks and roughly chop (discard the stalks).

c) In a small bowl, combine the lime zest, chopped mint and yoghurt.



Time to Glaze

a) Once the chicken is cooked, remove it from the heat. Add the chilli iam and water for the sauce (see pantry for amount) to the pan and stir to coat.

b) Stir through the charred courgette until coated in the glaze. Remove from the heat.

c) Add a squeeze of lime juice, then taste and season with salt and pepper if needed.



Finish and Serve

a) Fluff up the couscous with a fork, then stir through the sun-dried tomato paste. Share between your bowls.

b) Top with the glazed chicken and courgette.

c) Finish with a dollop of zesty mint yoghurt and serve any remaining lime wedges on the side.

Enjoy!

