

Middle Eastern Style Chicken and Raisin Stew

with Couscous, Roasted Carrots and Dill Yoghurt

Rapid 20 Minutes • Mild Spice • 2 of your 5 a day













Chicken Stock



Couscous



Diced Chicken Breast





Garlic Clove





Tomato Puree



Harissa Paste



Low Fat Natural Yoghurt

Pantry Items Oil, Salt, Pepper

Before you start

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

Cooking tools

Baking tray, saucepan, lid, frying pan, garlic press and

Ingredients

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Ingredients	2P	3P	4P	
Carrot**	2	3	4	
Ground Cumin	1 sachet	1 sachet	2 sachets	
Chicken Stock Paste	20g	30g	40g	
Couscous 13)	120g	180g	240g	
Diced Chicken Breast**	260g	390g	520g	
Dill**	1 bunch	1 bunch	1 bunch	
Garlic Clove**	1	2	2	
Raisins	40g	80g	80g	
Tomato Puree	30g	45g	60g	
Harissa Paste	50g	75g	100g	
Low Fat Natural Yoghurt** 7)	75g	120g	150g	
Pantry	2P	3P	4P	
Water for the Couscous*	240ml	360ml	480ml	
Water for the Sauce*	100ml	150ml	200ml	

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	411g	100g
Energy (kJ/kcal)	2581 /617	628/150
Fat (g)	14.0	3.3
Sat. Fat (g)	2.3	1.0
Carbohydrate (g)	75.2	18.3
Sugars (g)	29.4	7.2
Protein (g)	45.0	11.0
Salt (g)	3.0	1.0

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.

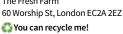
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Roast the Carrots

- a) Preheat your oven to 240°C/220°C fan/gas mark 9.
- **b)** Trim the **carrots**, then slice into 1cm thick rounds (no need to peel).
- c) Pop the carrots onto a baking tray. Drizzle with oil, season with salt and pepper, then sprinkle with half the cumin. Toss to coat, then spread out in a single layer.
- d) When the oven is hot, roast on the top shelf until soft and golden, 16-18 mins. Turn halfway through.



Couscous Time

- a) While the carrots roast, pour the water for the couscous (see pantry for amount) and half the chicken stock paste into a saucepan and bring to the boil.
- **b)** When boiling, remove from the heat, stir in the **couscous** and pop a lid on the pan.
- c) Leave to the side for 8-10 mins or until ready to serve.



Fry the Chicken

- a) Meanwhile, heat a drizzle of oil in a large frying pan on medium-high heat.
- b) Once hot, add the chicken and season with salt and **pepper**. Cook until browned all over, 5-6 mins. Turn occasionally. IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.
- c) While the chicken cooks, roughly chop the dill (stalks and all).
- **d)** Peel and grate the **garlic** (or use a garlic press).



Simmer and Spice

- a) Stir the garlic, tomato puree and harissa paste (add less if you'd prefer things milder) into the chicken. Cook for 1 min more.
- **b)** Add the water for the sauce (see pantry for amount) and raisins to the pan, along with the remaining cumin and chicken stock paste. Stir together and bring to a gentle simmer.
- c) Cook until the sauce has thickened and the chicken is cooked through, 8-10 mins. Add a splash of water if it gets too thick. IMPORTANT: The chicken is cooked when no longer pink in the middle.



Mix the Dill Yoghurt

- a) While the stew simmers, combine the yoghurt and half the dill in a small bowl. Season with salt and pepper.
- **b)** Carefully fluff up the **couscous** with a fork, then stir through the remaining dill and season to taste.



Finish and Serve

- a) When everything's ready, taste the stew and season with salt and pepper if needed.
- b) Share the couscous between your bowls and spoon over the chicken stew.
- c) Top with the roasted carrots and a spoonful of dill yoghurt to finish.

Enjoy!