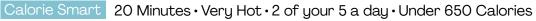


Quick Chermoula Chicken

with Zhoug Couscous, Courgette and Yoghurt











Garlic Clove



Chicken Stock Paste





Couscous

Zhoug Style Paste





Diced Chicken Breast

Chermoula Spice Mix







Echalion Shallot

Courgette





Low Fat Natural Yoghurt

Before you start

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

Cooking tools

Garlic press, saucepan, lid, frying pan, fine grater and bowl. Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Chicken Stock Paste	10g	15g	20g
Couscous 13)	120g	180g	240g
Zhoug Style Paste	50g	75g	100g
Diced Chicken Breast**	260g	390g	520g
Chermoula Spice Mix	1 sachet	1 sachet	2 sachets
Echalion Shallot**	1	1	2
Courgette**	1	2	2
Lemon**	1/2	1	1
Low Fat Natural Yoghurt** 7)	75g	120g	150g
Dt	OD.	0D	40
Pantry	2P	3P	4P
Water for the Couscous*	240ml	360ml	480ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	426g	100g
Energy (kJ/kcal)	2303 /551	541/129
Fat (g)	16.3	3.8
Sat. Fat (g)	3.0	0.7
Carbohydrate (g)	53.7	12.6
Sugars (g)	9.2	2.2
Protein (g)	44.3	10.4
Salt (g)	2.6	0.61

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal). PersonalPoints™ values based on low-cal cooking spray oil.

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 Zhoug Couscous

- a) Peel and grate the garlic (or use a garlic press).
- b) Stir the water for the couscous (see pantry for amount), chicken stock paste and garlic into a saucepan and bring to the boil.
- c) When boiling, remove from the heat. Stir in the couscous and zhoug style paste (add less if you'd prefer things milder).
- d) Pop a lid on the pan and 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 frying pan on high heat.
- **b)** Once hot, add the **chicken** and sprinkle over the chermoula spice mix (add less if you'd prefer things milder). Season with salt and pepper.
- c) Fry until the chicken is golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle.



Get Prepped

- a) While the **chicken** cooks, halve, peel and thinly slice the shallot.
- **b)** Trim the **courgette**, then quarter lengthways. Cut into 1cm chunks.
- c) Zest and halve the lemon (see ingredients for amount).



Bring on the Veg

- a) When the chicken is cooked, transfer it to a bowl. Pop your (now empty) frying pan back on medium heat with a drizzle of oil if needed.
- b) Once hot, add the courgette and shallot to the pan. Season with salt and pepper, then fry until softened, 3-4 mins.
- c) Add the chicken back into the pan and stir together with the veg, then cook for 2 mins more.



Combine and Stir

- a) Fluff up the cooked couscous with a fork.
- b) Add the couscous to the chicken and veg pan and stir through with the lemon zest until combined.
- c) Taste and add salt and pepper if needed.



Serve

- a) Spoon the chermoula chicken and couscous into your bowls.
- b) Top with a dollop of yoghurt.
- c) Serve with the remaining lemon cut into wedges for squeezing over.

Enjoy!







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