



# Quick Chermoula Chicken with Zhoug Couscous and Veggies

**Rapid** 20 Minutes • Medium Spice • 1 of your 5 a day

16



Garlic Clove



Chicken Stock Paste



Couscous



Zhoug Style Paste



Diced Chicken Breast



Chermoula Spice Mix



Red Onion



Courgette



Lemon



Low Fat Natural Yoghurt



King Prawns

### CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

## Before you start

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

## Cooking tools

Garlic press, saucepan, lid, frying pan, zester and bowl.

## Ingredients

	2P	3P	4P
Garlic Clove**	2	3	4
Water for the Couscous*	240ml	360ml	480ml
Chicken Stock Paste	10g	15g	20g
Couscous <b>13</b>	120g	180g	240g
Zhoug Style Paste	1 sachet	1½ sachets	2 sachets
Diced Chicken Breast**	280g	420g	560g
Chermoula Spice Mix	2 sachets	2 sachets	4 sachets
Red Onion**	1	1	2
Courgette**	1	2	2
Lemon**	½	1	1
Low Fat Natural Yoghurt** <b>7</b>	75g	120g	150g
King Prawns** <b>5</b>	150g	225g	340g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	462g	100g
Energy (kJ/kcal)	2377 /568	515/123
Fat (g)	16	4
Sat. Fat (g)	3	1
Carbohydrate (g)	56	12
Sugars (g)	10	2
Protein (g)	47	10
Salt (g)	1.95	0.42

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	537g	100g
Energy (kJ/kcal)	2597 /621	484 /116
Fat (g)	17	3
Sat. Fat (g)	3	1
Carbohydrate (g)	56	11
Sugars (g)	10	2
Protein (g)	59	11
Salt (g)	2.85	0.53

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

5) Crustaceans 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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## Cook the Couscous

- Peel and grate the **garlic** (or use a garlic press).
- Pour the **water for the couscous** (see ingredients for amount), **chicken stock paste** and **garlic** into a saucepan and bring to the boil.
- When boiling, remove from the heat. Stir in the **couscous** and **zhoug style paste**.
- Pop a lid on the pan and leave to the side for 8-10 mins or until ready to serve.



## Fry the Veg

- When the **chicken** is cooked, transfer it to a bowl and pop your (now empty) frying pan back on medium heat with a drizzle of **oil** if the pan is dry. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*
- Once hot, add the **courgette** and **onion** to the pan. Season with a pinch of **salt** and **pepper**. Fry until softened, 3-4 mins.
- Add the **chicken** back into the pan, stir together with the **veg** and cook for 2 mins more.

## CUSTOM RECIPE

If you've chosen to add **prawns** to your meal, add them to the pan at the same time you return the **chicken** to it. Stir together with the **veg** and cook for 3-4 mins more. **IMPORTANT:** *Wash your hands and equipment after handling raw prawns. The prawns are cooked when pink on the outside and opaque in the middle.*



## Fry the Chicken

- Meanwhile, heat a drizzle of **oil** in a frying pan on high heat.
- Once hot, add the **chicken** and stir in the **chermoula spice mix** (add less if you don't like too much heat). Season with **salt** and **pepper**. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*
- Stir-fry until the **chicken** is browned and cooked through, 9-11 mins, stirring occasionally.



## Build your Couscous

- When cooked, fluff up the **couscous** with a fork.
- Add the **couscous** to the **chicken** and **veg** pan and stir through with the **lemon zest** until combined.
- Taste and add **salt** and **pepper** if needed.



## Bring on the Veg

- While the **chicken** cooks, halve, peel and chop the **red onion** into small pieces.
- Trim the **courgette** and halve lengthways. Slice into 1cm wide strips, then chop into 1cm chunks.
- Zest and halve the **lemon** (see ingredients for amount).



## Finish and Serve

- Spoon the **couscous** and **chicken** into bowls.
- Top with a dollop of **yoghurt**.
- Chop the remaining **lemon** into wedges and serve alongside.

## Enjoy!