



Red Pepper Glazed Chermoula Chicken with Courgette, Couscous and Dill Yoghurt Drizzle

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

12



Couscous



Chicken Stock Paste



Courgette



Diced Chicken Thigh



Chermoula Spice Mix



Sun-Dried Tomato Paste



Dill



Greek Style Natural Yoghurt



Red Pepper Chilli Jelly



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper

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

Cooking tools

Kettle, bowl, cling film and frying pan.

Ingredients

Ingredients	2P	3P	4P
Couscous 13	120g	180g	240g
Chicken Stock Paste	10g	15g	20g
Courgette**	1	2	2
Diced Chicken Thigh**	260g	390g	520g
Chermoula Spice Mix	1 sachet	1 sachet	2 sachets
Sun-Dried Tomato Paste	25g	37g	50g
Dill**	1 bunch	1 bunch	1 bunch
Greek Style Natural Yoghurt** 7	75g	120g	150g
Red Pepper Chilli Jelly	25g	37g	50g
Diced Chicken Breast**	260g	390g	520g

Pantry	2P	3P	4P
Boiled Water for the Couscous*	240ml	360ml	480ml
Water for the Sauce*	75ml	115ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	373g	100g	373g	100g
Energy (kJ/kcal)	2393 /572	642 /153	2393 /572	642 /153
Fat (g)	20.1	5.4	20.1	5.4
Sat. Fat (g)	6.8	1.8	6.8	1.8
Carbohydrate (g)	59.2	15.9	59.2	15.9
Sugars (g)	14.4	3.9	14.4	3.9
Protein (g)	40.8	10.9	40.8	10.9
Salt (g)	1.89	0.51	1.89	0.51

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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1 Make the Couscous

- Boil a full kettle. Put the **couscous** into a large bowl.
- 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.



4 Add the Spicy Flavour

- Add the **chermoula spice mix** and **sun-dried tomato paste** to the **chicken**, (add less **chermoula** if you'd prefer things milder). Stir-fry for 1 min.
- Pour the **water for the sauce** (see pantry for amount) into the pan.
- Bring to the boil then lower the heat and simmer gently.
- Simmer until the **chicken** is cooked through, 3-4 mins, stirring occasionally. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**



2 Char the Courgette

- Meanwhile, trim the **courgette** and slice into 1cm thick rounds.
- Heat a large frying pan on high heat (no oil).
- When hot, add the **courgette** and cook until charred, 5-6 mins. Turn only every couple of mins - this will result in the **courgette** picking up some nice colour.
- Once cooked, season with **salt** and **pepper**, then transfer to a bowl. Once slightly cooled, cut the **courgette rounds** into quarters and set aside for later.



5 Make your Dill Yoghurt

- Meanwhile, roughly chop the **dill** (stalks and all).
- Combine the **Greek style yoghurt** and **half** the **dill** in a small bowl.
- Season with **salt** and **pepper**, stir together, then set aside.
- Fluff up the **couscous** with a fork, stir through the **charred courgette** and remaining **dill**.



3 Brown the Chicken

- While the **courgette** is cooking, pop another large frying pan on medium-high heat with a drizzle of **oil**.
- Once hot, add the **diced chicken** to the pan 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.**

CUSTOM RECIPE

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



6 Serve

- Once the **chicken** is cooked, stir the **red pepper chilli jam** into the pan then remove from the heat. Taste and season with **salt** and **pepper** if needed.
- Share the **couscous** between your bowls and spoon the **glazed chicken** on top, making sure you get all the **sauce** from the pan.
- Finish with a dollop of **dill yoghurt**.

Enjoy!