



Cooking Made Easy

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Lime Roasted Chicken with Herb and Feta Couscous

Introducing one of the stars of this evening's dish: couscous (*pause for applause*). OK, so we may all have had couscous before, but here at the Fresh Farm we like to get the lowdown on our ingredients. Couscous first cropped up in a 13th century Moroccan cookbook called 'The Cookbook of the Maghreb' and while the book itself never made it to number one on the Amazon reading list, couscous itself has been going strong ever since. Packed full of riboflavin, niacin, vitamin B6 and folic acid it certainly sounds healthy; but more importantly you're going to love it with all the fresh, zingy goodies we've thrown in the mix.



30 min



Coriander



Mint



Feta Cheese



Courgette



Chicken Breasts



Lime



Vegetable Stock Pot



Couscous

Ingredients

	2P	4P
Coriander, chopped	3 tbsp	5 tbsp
Mint, chopped	2 tbsp	4 tbsp
Feta Cheese 1	1 pack	2 packs
Courgette, sliced	1	2
Chicken Breasts	2	4
Lime	½	1
Vegetable Stock Pot 2	½	1
Couscous 3	¾ cup	1½ cups

🌱 May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Milk | 2) Celery

3) Gluten

Nutrition per serving: Calories: 605 kcal | Protein: 46 g | Carbs: 72 g | Fat: 13 g | Saturated Fat: 7 g



1 Pre-heat your oven to 220 degrees. Roughly chop your coriander and mint and cut the feta cheese into roughly 1cm chunks. Chop the very top and bottom from your courgette. Slice the courgette lengthways into strips about 2cm wide and then slice lengthways again into as many strips as possible.



2 Coat each chicken breast in ½ tsp of olive oil and place them on a baking tray. Squeeze over your lime juice and season with a pinch of salt and pepper before putting them into the oven for 20 mins (or until the middle is no longer pink).



3 Heat 1 tsp of olive oil in a non-stick pan on a high heat. Season the courgette strips with a pinch of salt and pepper and then fry them off for a few minutes. When they have browned off slightly on both sides set them aside on a plate.



4 Meanwhile dissolve your stock pot in 250ml of boiling water in a pan. Add in the couscous, put a lid on the pan and then leave the pan off the heat until the rest of the meal is ready.

5 Make a start on your autobiography.

6 Check that your chicken is cooked through. Fluff the couscous up with a fork and add in the chopped coriander, chopped mint, feta and the courgettes.

7 Serve the couscous with the roasted chicken and garnish by grating on a bit of lime zest (don't grate down to the bitter white part though).