



Cooking Made Easy

HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on     
You'll be entered into our weekly photo contest!

## Roly-Poly Chicken with Herby Couscous

Cluck, cluck, cluck chicken! Not laying eggs today but wrapping itself around a yummy sausage. Lots of opportunities to get sticky hands and for kids to get stuck in to the prep for the whole meal.



40 min



family box



lactose free



healthy



Chicken Thighs (4)



Smoky Sausages (4)



Hoisin Sauce (2 tbsp)



Red Onion (1/4)



Garlic Clove (1)



Red Pepper (1)



Cucumber (1/2)



Vine Tomato (2)



Celery (2)



Chicken Stock Pot (1)



Couscous (1 1/2 cups)



Lemon (1/2)



Chives (4 tbsp)

## Ingredients

	2P	4P
Smoky Sausages <b>1</b>	-	4
Chicken Thighs	-	4
Hoisin Sauce <b>1, 2, 3</b>	-	2 tbsp
Red Onion, chopped	-	¼
Garlic Clove, chopped	-	1
Red Pepper, chopped	-	1
Cucumber, chopped	-	½
Vine Tomato, chopped	-	2
Celery, chopped <b>4</b>	-	2 sticks
Chicken Stock Pot	-	1
Couscous <b>2</b>	-	1½ cups
Lemon	-	½
Chives, chopped	-	4 tbsp

 May feature in another recipe

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

**LH** Step for little hands

## Allergens

**1)** Sulphites | **2)** Gluten

**3)** Soya | **4)** Celery

**Nutrition per serving:** Calories: 547 kcal | Protein: 23 g | Carbs: 72 g | Fat: 19 g | Saturated Fat: 11 g



**1** Pre-heat your oven to 200 degrees. **LH:** *Unroll the thighs, and wrap each one round a length of the sausage. Pack them all tightly in a roasting tin.*



**2** **LH:** *Cover the chicken with the Hoisin sauce using either a spoon or a pastry brush if you have it!* Place in the oven for 35-40 mins until both the chicken and sausage are cooked through.



**3** Finely peel and chop the onion and garlic. Remove the core from the red pepper and chop into 1½cm cubes. Chop the cucumber and tomatoes into 1cm pieces. Finely chop the celery. Keep these three salad ingredients separate from the others.



**4** In a large pot boil 500ml of water with your chicken stock pot. Add in your couscous and cover the pot tightly. Take off the heat and leave to rest for 5 mins. **Tip:** *Be exact with the amount of water to prevent soggy couscous! Do this in a large pot so there's room for stirring and to add the veg,*

*especially if you have little hands to help.*

**5** Heat 1 tbsp of oil in a frying pan. Add the onion, garlic and pepper, with ½ tsp of salt and a good grind of black pepper and fry gently for 5 mins, until soft.

**6** Once the couscous is ready, add the onion, garlic and pepper mix, along with the cucumber, tomatoes and celery. **LH:** *Pick up your wooden spoon, it's time to get mixing!*

**7** Squeeze some lemon juice over the couscous mix, season with ¼ tsp of salt and a good grind black pepper. Pick up the bunch of chives and snip these into 1cm lengths on top of your couscous mix, using scissors. **LH:** *It's mixing time again!*

**8** Once cooked, cut the roly-poly chicken into 1½cm thick slices. **Tip:** *Adults might prefer to leave their chicken whole.* Serve on top of a heap of couscous then scatter a few more chives over if you have any left.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!