



Everything
But The Chef

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Sumac Chicken with Couscous Salad

Our ode to Valentine's Day is a fragrant dish which hums with fresh mint, sumac and juicy orange. The secret to this is recruiting a helper to make light work of your tasks. So grab a loved one, put on your favourite soppy love song and get cooking. Divide this sumptuous Moroccan chicken into bowls or just share one, Lady and the Tramp style. Who knows who you'll meet at the other end of that cucumber strip!

Prep: 10 mins



Cook: 25 mins

Total: 35 mins

level 1

high protein

diabetes friendly

eat me early

Pantry Items



Olive Oil



Water



Sumac



Orange



Chicken Breast



Couscous



Mint



Carrot



Cucumber



Yoghurt

2P	4P	Ingredients
1 tsp	2 tsp	sumac
½	1	orange, zested & juiced
2 tsp	1 tbs	olive oil *
1-2 fillets	2-4 fillets	chicken breast
½ cup	1 cup	couscous
½ cup	1 cup	boiling water *
½ bunch	1 bunch	mint, leaves picked & roughly chopped
1	2	carrot, peeled into ribbons
1	2	cucumber, peeled into ribbons
½ tub	1 tub	yoghurt

 May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2380	Kj
Protein	48.4	g
Fat, total	14.8	g
-saturated	4.2	g
Carbohydrate	57.6	g
-sugars	10.6	g
Sodium	226	mg

Measure tool

0cm	1cm	2cm

2



You will need: chef's knife, chopping board, fine grater, vegetable peeler, medium bowl, medium ovenproof frying pan, large bowl and cling wrap.

1 Preheat the oven to 200°C/180°C fan-forced.

2 Combine the **sumac**, a pinch of the **orange zest** and half of the **olive oil** in a medium bowl. Add the **chicken breast** and toss to coat.

3 Heat a medium ovenproof frying pan over a medium-high heat. Add the chicken and cook for **2 minutes** on each side. Transfer to the oven and cook for a further **10 minutes**, or until cooked through.

4 Meanwhile, in a large bowl combine the **couscous** and **boiling water**, (for a fluffy texture, make sure you use equal parts couscous and water). Season with a little **salt** and **pepper**. Stir and then cover with cling wrap and set aside for **5 minutes**. Once cooked, fluff the couscous with a fork. Add the juice of half the **orange**, **mint**, **carrot** and **cucumber** and stir to combine. Drizzle with the remaining olive oil.

5 To serve, stir the sliced chicken through couscous and divide between plates. Drizzle with **yoghurt**. Enjoy!

3a



3b



4



Did you know? Approximately 85% of all oranges produced are used for juice.