



Baked Chermoula Chicken

with Carrot Couscous & Cherry Tomato Salad

Grab your Meal Kit with this symbol



Chermoula Spice Blend



Greek Yoghurt



Chicken Breast



Garlic



Baby Spinach Leaves



Cucumber



Cherry Tomatoes



Lemon



Carrot



Slivered Almonds



Chicken Stock



Couscous

Hands-on: 30-40 mins
Ready in: 35-45 mins

Eat me early

Everyone will love the mild spices and colourful veggies in this chermoula chicken dish. With extra-special couscous and a side of creamy yoghurt, it's got something for everyone!

Pantry items

Olive Oil, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
chermoula spice blend	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
Greek yoghurt	1 packet (100g)	1 packet (200g)
chicken breast	1 small packet	1 large packet
garlic	2 cloves	4 cloves
baby spinach leaves	1 bag (30g)	1 bag (60g)
cucumber	1	2
cherry tomatoes	½ punnet	1 punnet
lemon	½	1
carrot	½	1
slivered almonds	1 packet	2 packet
butter*	20g	40g
water*	¾ cup	1½ cups
chicken stock	1 cube	2 cubes
couscous	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2947kJ (704Cal)	576kJ (137Cal)
Protein (g)	46.9g	9.2g
Fat, total (g)	34.1g	6.7g
- saturated (g)	10.9g	2.1g
Carbohydrate (g)	47.1g	9.2g
- sugars (g)	11.9g	2.3g
Sodium (mg)	1230mg	240mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

Preheat the oven to **200°C/180°C fan-forced**. In a medium bowl, combine the **chermoula spice blend**, the **salt** and 1/3 of the **Greek yoghurt**.

Add the **chicken breast** and toss to coat. Set aside. Finely chop the **garlic**. Roughly chop the **baby spinach leaves**. Thinly slice the **cucumber** into half-moons. Slice the **cherry tomatoes** (see ingredients) in half. Slice the **lemon** (see ingredients) into wedges. Grate the **carrot** (see ingredients).



Toast the almonds

Heat a large frying pan over a medium-high heat. Add the **slivered almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a small bowl.



Cook the chicken

Return the pan to a medium-high heat with a drizzle of **olive oil**. Cook the **chicken** until golden, **2-3 minutes** each side. Transfer the **chicken** to an oven tray lined with baking paper and bake until cooked through, **8-12 minutes** (depending on thickness). Set aside to rest.

TIP: Don't worry if the yoghurt chars in the pan, this just adds more flavour! Chicken is cooked through when it's no longer pink inside.



Cook the couscous

While the chicken is baking, melt the **butter** with a drizzle of **olive oil** in a medium saucepan over a medium-high heat. Add the **carrot** and cook, stirring, until softened, **2-3 minutes**. Add the **garlic** and cook, stirring, until fragrant, **1 minute**. Add the **water** and crumbled **chicken stock** (1 cube for 2 people / 2 cubes for 4 people). Bring to the boil. Add the **couscous** and stir to combine. Cover with a lid and remove from the heat. Set aside until the water is absorbed, **5 minutes**.



Bring it all together

In a medium bowl, combine the **cucumber**, **cherry tomatoes**, a drizzle of **olive oil** and a squeeze of **lemon juice**. Season with **salt** and **pepper** and toss to coat. Set aside. Fluff up the **couscous** with a fork and stir through the **baby spinach**. Add a generous squeeze of **lemon juice** and season to taste.



Serve up

Slice the baked chermoula chicken. Divide the carrot couscous between plates and top with the sliced chicken and cherry tomato salad. Spoon over the remaining Greek yoghurt, garnish with the almonds and serve with any remaining lemon wedges.

Enjoy!