



Baked Chermoula Chicken

with Carrot Couscous & Roast Veggie Toss

Grab your Meal Kit with this symbol 



Parsnip



Red Onion



Chermoula Spice Blend



Greek Yoghurt



Chicken Breast



Garlic



Baby Spinach Leaves



Lemon



Carrot



Slivered Almonds



Chicken Stock



Couscous

 Hands-on: **20-30 mins**
Ready in: **25-35 mins**

 Eat me early

Who doesn't like a bit of char on their chicken? This one gets a generous coating of our punchy chermoula spice blend before it crisps up in the pan until golden. Finish it off in the oven so you have the most succulent result that pairs beautifully with our veggie-packed couscous.

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

Two oven trays 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
parsnip	1	2
red onion	1 (medium)	1 (large)
chermoula spice blend	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
Greek yoghurt	1 packet (100g)	1 packet (175g)
chicken breast	1 packet	1 packet
garlic	2 cloves	4 cloves
baby spinach leaves	1 bag (30g)	1 bag (60g)
lemon	½	1
carrot	½	1
slivered almonds	1 packet	2 packets
butter*	20g	40g
water*	¾ cup	1½ cups
chicken stock	½ sachet	1 sachet
couscous	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2900kJ (694Cal)	639kJ (153Cal)
Protein (g)	49.3g	10.9g
Fat, total (g)	29.3g	6.4g
- saturated (g)	10.3g	2.3g
Carbohydrate (g)	54.0g	11.9g
- sugars (g)	13.2g	2.9g
Sodium (mg)	785mg	173mg

Allergens

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

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



1. Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Cut the **parsnip** (unpeeled) into 1cm chunks. Slice the **red onion** into 3cm wedges. Place the **parsnip** and **onion** on an oven tray lined with baking paper, **drizzle** with **olive oil** and season with a **pinch** of **salt** and **pepper**. Toss to coat. Roast until tender, **20-25 minutes**. In a medium bowl, combine the **chermoula spice blend**, the **salt**, **1/3** of the **Greek yoghurt** and a **drizzle** of **olive oil**. Add the **chicken breast** and toss to coat. Set aside. Finely chop the **garlic** (or use a garlic press). Roughly chop the **baby spinach leaves**. Slice the **lemon** (see **ingredients list**) into wedges. Grate the **carrot** (see **ingredients list**), unpeeled.



4. 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 **chicken stock** (**1/2 sachet for 2 people / 1 sachet for 4 people**) and bring to the boil. Add the **couscous**, stir to combine, then cover with a lid and remove from the heat. Set aside until the water has absorbed, **5 minutes**.



2. Toast the slivered almonds

Heat a large frying pan over a medium-high heat. Add the **slivered almonds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl.



5. Finish the sides

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



3. Cook the chicken

Return the pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **chicken** and cook until golden, **2-3 minutes** each side. Transfer the **chicken** to a second 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 adds to the flavour!

TIP: Chicken is cooked through when it's no longer pink in the centre.



6. Serve up

Thickly slice the chicken. Divide the couscous between plates and top with the chermoula chicken and roast veggie toss. Spoon over a dollop of the remaining Greek yoghurt and serve with any remaining lemon wedges.

Enjoy!