



# Easy Yoghurt Chicken & Couscous Salad with Roasted Almonds

Grab your Meal Kit  
with this symbol



- Hands-on: 10-20 mins
- Ready in: 30-40 mins
- Eat me early

There's nothing better than chicken that's juicy on the inside and wonderfully charred with mild spices and yoghurt on the outside. That's how we're preparing our protein tonight, plus add a vibrant couscous salad to double down on all that flavour.

## Pantry items

Olive Oil, White Wine Vinegar

## 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 · Medium saucepan with a lid

## Ingredients

	2 People refer to method	4 People refer to method
olive oil*		
red onion	1 (medium)	1 (large)
chicken breast	1 packet	1 packet
Greek-style yoghurt	1 medium packet	1 large packet
Nan's special seasoning	1 sachet	1 sachet
couscous	1 packet	1 packet
boiling water*	¾ cup	1½ cups
chicken-style stock powder	1 sachet	1 sachet
cucumber	1 (medium)	1 (large)
tomato	1	2
rocket leaves	1 bag (30g)	1 bag (60g)
white wine vinegar*	drizzle	drizzle
roasted almonds	1 packet	2 packets

\*Pantry items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2391kJ (571Cal)	492kJ (117Cal)
Protein (g)	50.5g	10.4g
Fat, total (g)	18.1g	3.7g
- saturated (g)	3.5g	0.7g
Carbohydrate (g)	52.8g	10.9g
- sugars (g)	11.6g	2.4g
Sodium (mg)	991mg	204mg

The quantities provided above are averages only.

## Allergens

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

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

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## Bake the chicken

Preheat the oven to **240°C/220°C fan-forced**. Boil a kettle of water. Roughly chop the **red onion**. Place the **onion**, **chicken breast**, a tablespoon of **Greek-style yoghurt**, the **Nan's special seasoning** and a drizzle of **olive oil** on an oven tray lined with baking paper. Season and toss to coat. Bake until the chicken is cooked through and the onion is tender, **18-25 minutes**.

**TIP:** Chicken is cooked through when it's no longer pink inside.

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## Bring it all together

While the couscous is cooking, roughly chop the **cucumber** and **tomato**. When the couscous is done, add the **tomato**, **cucumber**, **rocket leaves**, a drizzle of **white wine vinegar** and a drizzle of **olive oil** to the couscous. Toss to combine and season to taste.

## Serve up

Roughly chop the **roasted almonds**. Divide the couscous salad between bowls. Top with the yoghurt chicken (plus any juices from the oven tray), onion, almonds and remaining yoghurt.

**Enjoy!**