



# Nanna's Chicken & Honey-Roasted Veggies

with Garlic Couscous & Lemon Mayo

Grab your Meal Kit with this symbol



Carrot



Parsnip



Garlic



Lemon



Baby Spinach Leaves



Parsley



Chicken Thigh



Nan's Special Seasoning



Flaked Almonds



Chicken-Style Stock Powder



Couscous



Mayonnaise

Hands-on: **20-30 mins**  
Ready in: **30-40 mins**

Eat me early

Our popular Nan's special seasoning, with paprika, pepper, onion and garlic, instantly adds a rich, classic flavour to succulent chicken thigh. Add sweet, honey-roasted veggies and creamy mayo for a dish worth enjoying again and again.

### Pantry items

Olive Oil, Honey, 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
carrot	1	2
parsnip	1	2
honey*	1 tsp	2 tsp
garlic	1 clove	2 cloves
lemon	½	1
baby spinach leaves	1 bag (30g)	1 bag (60g)
parsley	1 bunch	1 bunch
chicken thigh	1 packet	1 packet
Nan's special seasoning	1 sachet	1 sachet
flaked almonds	1 packet	2 packets
butter*	15g	30g
water*	¾ cup	1½ cups
chicken-style stock powder	1 sachet	1 sachet
couscous	1 packet	2 packets
mayonnaise	1 packet (40g)	1 packet (100g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2630kJ (628Cal)	656kJ (157Cal)
Protein (g)	39.7g	9.9g
Fat, total (g)	27.4g	6.8g
- saturated (g)	7.5g	1.9g
Carbohydrate (g)	52.2g	13.0g
- sugars (g)	11.8g	2.9g
Sodium (mg)	602mg	150mg

### Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 1. Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **carrot** and **parsnip** (both unpeeled) into 1cm chunks and place on an oven tray lined with baking paper. Add the **honey** and a **drizzle of olive oil**, then toss well to coat. Season with **salt** and **pepper**, then roast until tender, **20-25 minutes**.

**TIP:** Cut the veggies to size so they cook in time.



## 4. Cook the chicken

While the couscous is cooking, return the frying pan to a medium-high heat with a **drizzle of olive oil**. When the oil is hot, add the **chicken** and cook, tossing, until browned and cooked through, **6-7 minutes**.

**TIP:** The spice blend will char slightly in the pan, this adds to the flavour!

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



## 2. Get prepped

While the veggies are roasting, finely chop the **garlic** (or use a garlic press). Zest the **lemon** to get a **generous pinch**, then slice into wedges. Roughly chop the **baby spinach leaves** and **parsley** leaves. Cut the **chicken thigh** into 2cm chunks. In a medium bowl, combine **Nan's special seasoning**, a **pinch of salt** and a **drizzle of olive oil**. Add the **chicken** and toss to coat. Set aside. Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a bowl.



## 5. Bring it together

While the chicken is cooking, combine the **mayonnaise** with a **squeeze of lemon juice** in a small bowl. Set aside. Add the roasted **veggies**, **baby spinach**, **parsley**, **lemon zest**, a **generous squeeze of lemon juice** and a **drizzle of olive oil** to the **couscous**. Toss gently to combine and season to taste.

**TIP:** Use as much or as little lemon zest as you like depending on your taste.



## 3. Cook the garlic couscous

In a medium saucepan, melt the **butter** over a medium-high heat. Add the **garlic** and cook until fragrant, **1 minute**. Add the **water** and **chicken-style stock powder** and bring to the boil. Add the **couscous**, stir to combine, cover with a lid and remove from the heat. Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork.



## 6. Serve up

Divide the garlic couscous with honey-roasted veggies between bowls. Top with Nanna's chicken and drizzle over the lemon mayo. Garnish with the toasted almonds and serve with any remaining lemon wedges.

**Enjoy!**