

# Mild North Indian Chicken & Carrot Couscous

with Currants & Slivered Almonds

Grab your Meal Kit with this symbol



Carrot



Peeled & Chopped Pumpkin



Garlic



Baby Spinach Leaves



Mint



Lemon



Chicken Thigh



Mild North Indian Spice Blend



Greek-Style Yoghurt



Slivered Almonds



Currants



Chicken Stock



Couscous

 Hands-on: **25-35 mins**  
Ready in: **30-40 mins**

 Eat me early

They say variety is the spice of life, so we've combined succulent chicken and carrot couscous with North Indian flavours for the ultimate meal that's sure to please! Just add some sweet currants for an explosion of colour and flavour.

### 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 · Medium frying pan · Medium saucepan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
garlic	2 cloves	4 cloves
baby spinach leaves	1 bag (30g)	1 bag (60g)
mint	1 bunch	1 bunch
lemon	½	1
chicken thigh	1 small packet	1 large packet
mild North Indian spice blend	1 sachet	2 sachets
Greek-style yoghurt	1 packet (100g)	1 packet (200g)
slivered almonds	1 packet (30g)	1 packet (60g)
butter*	10g	20g
water*	¾ cup	1½ cups
currants	1 packet	2 packets
chicken stock	1 cube	2 cubes
couscous	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3146kJ (752Cal)	539kJ (129Cal)
Protein (g)	48.4g	8.3g
Fat, total (g)	29.8g	5.1g
- saturated (g)	8.2g	1.4g
Carbohydrate (g)	66.3g	11.3g
- sugars (g)	28.1g	11.3g
Sodium (mg)	1158mg	198mg

The quantities provided above are averages only.

## Allergens

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

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



## Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut 1/2 the **carrot** into small chunks. Place the **carrot** and **peeled & chopped pumpkin** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat. Roast until tender, **15-20 minutes**.



## Cook the chicken

Heat a medium saucepan over a medium heat with a generous drizzle of **olive oil**. Cook the **chicken**, turning occasionally, until browned and cooked through, **10-14 minutes**. Transfer to a plate.

**TIP:** *The spice blend will char in the pan, don't worry, this adds to the flavour!*



## Get prepped

While the veggies are roasting, finely chop the **garlic**. Grate the remaining **carrot**. Roughly chop the **baby spinach leaves**. Pick and finely slice the **mint**. Zest the **lemon** to get a good pinch and cut into wedges. Combine the **chicken thigh**, **mild North Indian spice blend**, a generous pinch of **salt** and a drizzle of **olive oil** in a medium bowl. In a small bowl, combine the **Greek-style yoghurt** with a squeeze of **lemon juice**.



## Cook the couscous

Return the saucepan to a medium-high heat and melt the **butter**. Cook the **garlic** until fragrant, **1 minute**. Add the **water**, grated **carrot**, **currants** and the crumbled **chicken stock** (1 cube for 2 people / 2 cubes for 4 people) and bring to the boil. Add the **couscous** and a drizzle of **olive oil**. 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 and stir through the **roast veggies**, **baby spinach**, the **mint** and the **lemon zest**.



## Toast the almonds

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



## Serve up

Slice the chicken. Divide the carrot couscous between bowls and top with the mild North Indian chicken and lemon yoghurt. Sprinkle over the toasted almonds.

## Enjoy!