



Mild North Indian Chicken & Veggie Couscous

with Currants & Pumpkin Seeds

Grab your Meal Kit with this symbol



Carrot



Peeled & Chopped Pumpkin



Garlic



Baby Spinach Leaves



Lemon



Mild North Indian Spice Blend



Chicken Thigh



Greek-Style Yoghurt



Pumpkin Seeds (Pepitas)



Currants



Chicken-Style Stock Powder



Couscous

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

Eat me early

They say variety is the spice of life, so we've combined succulent chicken and roasted pumpkin with authentic North Indian flavours for the ultimate meal that's sure to please! Just add a cooling lemon yoghurt for an explosion of colour and flavour.

Unfortunately, this week's cauliflower was in short supply, so we've replaced it with peeled pumpkin. Don't worry, the recipe will be just as delicious!

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
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)
lemon	½	1
mild North Indian spice blend	1 sachet	1 sachet
chicken thigh	1 packet	1 packet
Greek-style yoghurt	1 tub	1 large packet
pumpkin seeds (pepitas)	1 sachet	1 sachet
butter*	10g	20g
water*	¾ cup	1½ cups
currants	1 packet	2 packets
chicken-style stock powder	1 sachet	1 sachet
couscous	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2852kJ (681Cal)	536kJ (128Cal)
Protein (g)	45.8g	8.6g
Fat, total (g)	27.2g	5.1g
- saturated (g)	8.4g	1.6g
Carbohydrate (g)	64.9g	12.2g
- sugars (g)	21.4g	4g
Sodium (mg)	1085mg	204mg

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.



Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut 1/2 the **carrot** (unpeeled) into 1cm chunks. Place the **peeled & chopped pumpkin** and chopped **carrot** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **15-20 minutes**.

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



Get prepped

While the veggies are roasting, finely chop the **garlic**. Grate the remaining **carrot** (unpeeled). Roughly chop the **baby spinach leaves**. Zest the **lemon** to get a pinch, then slice into wedges. In a medium bowl, combine the **mild North Indian spice blend** and a drizzle of **olive oil**. Season with **salt**, then add the **chicken thigh** and toss to coat. Set aside. In a small bowl, combine the **Greek-style yoghurt** with a squeeze of **lemon juice**. Set aside.



Toast the pumpkin seeds

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



Cook the chicken

Return the frying pan to a medium heat with a generous drizzle of **olive oil**. Cook the **chicken**, turning occasionally, until browned and cooked through, **10-14 minutes**. Remove from the heat and set aside.

TIP: The spice blend will char in the pan – this adds to the flavour!



Cook the couscous

While the chicken is cooking, melt the **butter** in a medium saucepan over a medium-high heat. Add the **garlic** and cook until fragrant, **1 minute**. Add the **water**, grated **carrot**, **currants** and the **chicken-style stock powder** 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, then stir through the roasted **veggies**, **baby spinach** and the **lemon zest**.



Serve up

Slice the mild North Indian chicken. Divide the veggie couscous between bowls and top with the chicken and lemon yoghurt. Sprinkle over the toasted pumpkin seeds.

Enjoy!