



Moroccan Honey-Glazed Chicken

with Jewelled Carrot Couscous & Mint Yoghurt

Grab your Meal Kit with this symbol



Red Onion



Peeled & Chopped Pumpkin



Ras El Hanout



Chicken Thigh



Carrot



Garlic



Chicken Stock



Currants



Couscous



Baby Spinach Leaves



Mint



Greek-Style Yoghurt

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

Eat me early

Vibrant veggies and Moroccan spices combine to create this rich and colourful bowl. From the sweet currants in the couscous, to the succulent honey-glazed chicken and mint yoghurt, there's so much to love in this meal tonight!

Pantry items

Olive Oil, Plain Flour, 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
red onion	1	2
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
plain flour*	1 tsp	2 tsp
ras el hanout	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
chicken thigh	1 small packet	1 large packet
honey*	1 tsp	2 tsp
carrot	½	1
garlic	2 cloves	4 cloves
butter*	20g	40g
water*	¾ cup	1 ½ cup
chicken stock	1 cube	2 cubes
currants	1 packet	2 packets
couscous	1 packet	2 packets
baby spinach leaves	1 bag (30g)	1 bag (60g)
mint	1 bunch	1 bunch
Greek-style yoghurt	1 packet (100g)	1 packet (200g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2806kJ (670Cal)	505kJ (120Cal)
Protein (g)	44.2g	8g
Fat, total (g)	25.4g	4.6g
- saturated (g)	10.4g	1.9g
Carbohydrate (g)	62.4g	11.2g
- sugars (g)	28.1g	5.1g
Sodium (mg)	905mg	163mg

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 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 **220°C/200°C fan-forced**. Cut the **red onion** into wedges. Place the **onion** and **peeled & chopped pumpkin** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Spread out evenly and roast until tender, **20-25 minutes**.



Make the mint yoghurt

While the carrot couscous is cooking, roughly chop the **baby spinach leaves**. Pick and roughly chop the **mint**. In a small bowl, combine the **Greek-style yoghurt** and 1/2 the **mint**. Season to taste.



Cook the chicken

While the veggies are roasting, combine the **plain flour**, **ras el hanout** and the **salt** in a large bowl. Add the **chicken thigh** and toss to coat. Heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Cook the **chicken**, turning occasionally, until browned and cooked through, **10-14 minutes**. In the last **2 minutes** of cook time, add the **honey** to the pan. Turn to coat the **chicken**. Remove from the heat.



Finish the couscous

In a large bowl, combine the **carrot couscous**, roasted **veggies**, **baby spinach** and remaining **mint** (reserve some for garnish).

TIP: Add everything to the couscous pan to save washing up a bowl!



Make the carrot couscous

While the chicken is cooking, grate the **carrot** (see ingredients). Finely chop the **garlic**. 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**, **chicken stock** (1 cube for 2 people / 2 cubes for 4 people) and **currants**. 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**.



Serve up

Slice the Moroccan honey-glazed chicken. Divide the roasted veggie couscous between bowls and top with the chicken. Top with the mint yoghurt and garnish with the reserved mint.

Enjoy!