

# Sticky Apricot Chicken & Veggie Israeli Couscous with Yoghurt & Mint

Grab your Meal Kit with this symbol



Red Onion



Carrot



Parsnip



Garlic



Israeli Couscous



Chicken Breast



Ras El Hanout



Apricot Sauce



Mint



Baby Spinach Leaves



Greek-Style Yoghurt

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

Eat me early

Low calorie

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

### Pantry items

Olive Oil, Soy Sauce, Brown Sugar, 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 · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1 (medium)	1 (large)
carrot	1	2
parsnip	1	2
garlic	1 clove	2 cloves
Israeli couscous	1 packet	2 packets
water* (for the couscous)	1¼ cups	2½ cups
chicken breast	1 small packet	1 large packet
ras el hanout	½ sachet	1 sachet
salt*	¼ tsp	½ tsp
apricot sauce	1 sachet	2 sachets
soy sauce*	1 tsp	2 tsp
brown sugar*	½ tbs	1 tbs
water* (for the sauce)	1 tbs	2 tbs
white wine vinegar*	1 tbs	2 tbs
mint	1 bunch	1 bunch
baby spinach leaves	1 bag (30g)	1 bag (60g)
Greek-style yoghurt	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2248kJ (537Cal)	449kJ (107Cal)
Protein (g)	46.6g	9.3g
Fat, total (g)	11.9g	2.4g
- saturated (g)	2.9g	0.6g
Carbohydrate (g)	67.4g	13.5g
- sugars (g)	20.1g	4g
Sodium (mg)	554mg	111mg

## Allergens

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

Visit [hellofresh.co.nz/foodinfo](https://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 **220°C/200°C fan-forced**.

Cut the **red onion** into 2cm wedges. Cut the **carrot** (unpeeled) into 1cm half-moons. Cut the **parsnip** (unpeeled) into 2cm chunks. Place the **veggies** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Spread out in a single layer and roast until tender, **20-25 minutes**.

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

**TIP:** If the veggies don't fit in a single layer, divide between two trays!



## Add the apricot glaze

While the chicken is cooking, combine the **apricot sauce**, **soy sauce**, **brown sugar**, **water (for the sauce)** and **white wine vinegar** in a small bowl.

When the chicken is cooked, add the **apricot glaze** to the **chicken**, then remove the pan from the heat. Turn the chicken to coat.



## Cook the couscous

While the veggies are roasting, finely chop the **garlic**. In a medium saucepan, heat a drizzle of **olive oil** over a medium-high heat. Add the **Israeli couscous** and **garlic** and toast until fragrant and golden, **1-2 minutes**. Add the **water (for the couscous)** and season with **salt**. Bring to the boil, then reduce to a simmer, stirring occasionally, until the couscous is tender and the water has been absorbed, **10-12 minutes**.



## Bring it all together

Pick and thinly slice the **mint** leaves. Add the roasted **veggies** and **baby spinach** to the **couscous**. Stir to combine and season to taste.



## Cook the chicken

While the couscous is cooking, place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. In a large bowl, combine the **ras el hanout** (see ingredients), a drizzle of **olive oil** and the **salt**. Add the **chicken** and toss to coat. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the chicken until cooked through, **3-5 minutes** each side (depending on thickness).

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



## Serve up

Slice the sticky apricot chicken. Divide the roast veggie Israeli couscous between bowls. Top with the chicken and spoon over any remaining apricot glaze. Top with the **Greek-style yoghurt**. Garnish with the mint.

Enjoy!