



Portuguese Chicken & Roast Veggie Couscous

with Lemon Yoghurt

Grab your Meal Kit with this symbol



Red Onion



Carrot



Beetroot



Capsicum



Garlic



Lemon



Baby Spinach Leaves



Chicken Breast



Smoked Paprika



Flaked Almonds



Chicken Stock



Couscous



Greek Yoghurt

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

Eat me early

What's not to love about Portuguese chicken? Teamed with our rainbow veggie couscous and irresistible zesty yoghurt, it's all kinds of yum!

Pantry items

Olive Oil, Brown Sugar, 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
carrot	1	2
beetroot	1	2
capsicum	1	2
garlic	2 cloves	4 cloves
lemon	½	1
baby spinach leaves	1 bag (30g)	1 bag (60g)
chicken breast	1 small packet	1 large packet
smoked paprika	1 sachet	2 sachets
brown sugar*	1 tsp	2 tsp
salt*	¼ tsp	½ tsp
flaked almonds	1 packet	2 packets
butter*	20g	40g
water*	¾ cup	1½ cups
chicken stock	1 cube	2 cubes
couscous	1 packet	2 packets
Greek yoghurt	1 packet (100g)	1 packet (200g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3166kJ (756Cal)	422kJ (100Cal)
Protein (g)	49.2g	6.6g
Fat, total (g)	28.5g	3.8g
- saturated (g)	10.6g	1.4g
Carbohydrate (g)	67.3g	9g
- sugars (g)	32.4g	4.3g
Sodium (mg)	1072mg	143mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/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**. Slice the **red onion** into 2cm chunks. Chop the **carrot** and **beetroot** (unpeeled) into 1cm chunks. Cut the **capsicum** into 2cm chunks. Place the **onion, carrot, beetroot** and **capsicum** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat. Roast until tender, **25-30 minutes**.

TIP: Beetroot retains a lot of its firmness when cooked. You can tell it's cooked when it can be easily pierced with a fork.



4. Make 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** and the crumbled **chicken stock cube (1 cube for 2 people / 2 cubes for 4 people)** and bring to the boil. Add the **couscous** and stir to combine, then cover with a lid and remove from the heat. Set aside until all the water is absorbed, **5 minutes**, then fluff up with a fork. Add the **roasted veggies, spinach, lemon zest** and mix to combine. Season with **salt** and **pepper** to taste.



2. Get prepped

While the veggies are roasting, finely chop the **garlic** (or use a garlic press). Zest the **lemon** to get a **pinch**, then slice into wedges. Roughly chop the **baby spinach leaves**. 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 **smoked paprika, brown sugar, the salt, a good squeeze of lemon juice** and a **generous drizzle of olive oil**. Add the **chicken** and toss to coat.



5. Make the lemon yoghurt

In a small bowl, combine the **Greek yoghurt** and a **squeeze of lemon juice**. Season with a **pinch of salt** and **pepper**.

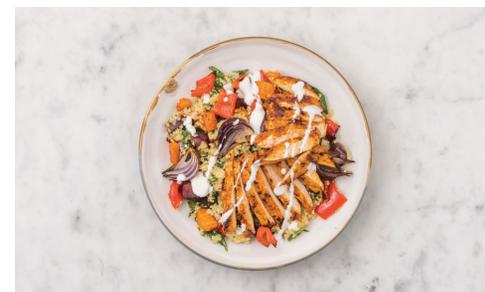


3. Cook the chicken

Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast until golden, **2-3 minutes**. Transfer to a small bowl and set aside. Return the pan to a medium-high heat with a **drizzle of olive oil**. Add the **chicken** and cook until cooked through, **3-5 minutes** each side (depending on thickness).

TIP: If your pan is getting crowded, cook in batches for best results!

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



6. Serve up

Thickly slice the Portuguese chicken. Divide the roast veggie couscous between plates and top with the sliced chicken, spooning any pan juices over the chicken. Drizzle with the lemon yoghurt and garnish with the toasted flaked almonds to serve.

Enjoy!