

Dinner - Spiced Yoghurt Chicken with Roast Veggie Couscous
 Lunch - Chicken & Sweet Potato Salad with Yoghurt Dressing

Grab your Meal Kit with this symbol



Zucchini



Red Onion



Carrot



Sweet Potato



Garlic



Lemon



Parsley



Chermoula Spice Blend



Greek-Style Yoghurt



Chicken Breast



Vegetable Stock



Couscous



Flaked Almonds



Baby Spinach Leaves

For your lunch



Tomato



Spinach & Rocket Mix



Currants



Fetta Cheese

DINNER

Hands-on: 35-45 mins

Ready in: 45-55 mins

LUNCH

Ready in: 10 mins



Calorie Smart



Eat me early

Cook once, with a twist for lunch. Cook an amazing dinner as usual, then put a new spin on the recipe to create something different for lunch the next day. This week, enjoy a Middle Eastern-inspired chicken and couscous dish, then a flavour-packed salad for lunch. Extra delicious!

Pantry items

Olive Oil

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

Two oven trays lined with baking paper ·
Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
zucchini	2	4
red onion	1	2
carrot	1	2
sweet potato	1	1
garlic	4 cloves	6 cloves
lemon	1	2
parsley	1 bag	1 bag
chermoula spice blend	2 sachets	3 sachets
salt*	1 tsp	1½ tsp
Greek-style yoghurt	1 large packet (200g)	1 large & small packet (300g)
chicken breast	1 large packet	1 large & small packet
water*	¾ cup	1½ cup
vegetable stock	1 cube	2 cubes
couscous	1 packet	2 packets
flaked almonds	1 packet	2 packets
baby spinach leaves	1 bag (30g)	1 bag (60g)
tomato	1	1
spinach & rocket mix	1 bag (60g)	1 bag (60g)
currants	1 sachet	1 sachet
fetta cheese	1 block (50g)	1 block (50g)

*Pantry Items

Nutrition

Dinner	Per Serving	Per 100g
Energy (kJ)	2610kJ (624Cal)	363kJ (87Cal)
Protein (g)	53.7g	7.5g
Fat, total (g)	16.3g	2.3g
- saturated (g)	4.8g	0.7g
Carbohydrate (g)	59.0g	8.2g
- sugars (g)	18.5g	2.6g
Sodium (g)	1420mg	197mg
Lunch	Per Serving	Per 100g
Energy (kJ)	2110kJ (503Cal)	432kJ (103Cal)
Protein (g)	49.1g	10.1g
Fat, total (g)	19.1g	3.9g
- saturated (g)	8.5g	1.7g
Carbohydrate (g)	30.7g	6.3g
- sugars (g)	20.3g	4.2g
Sodium (mg)	1240mg	254mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

2021 | CW02



Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Slice the **zucchini** into 1cm rounds. Slice the **red onion** into 1cm wedges. Slice the **carrot** (unpeeled) into 1cm half-moons. Cut the **sweet potato** (unpeeled) into 2cm chunks. Place the **zucchini, onion** and **carrot** on an oven tray lined with baking paper. Place the **sweet potato** on a second oven tray lined with baking paper. Drizzle both trays with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **25-30 minutes**.



Cook the chicken

While the couscous is cooking, heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a small bowl. Return the frying pan to a medium-high heat with a drizzle of olive oil. When the oil is hot, cook the **chicken** until golden, **3-5 minutes** each side (depending on thickness). Cook in batches if your pan is getting crowded.

TIP: Chicken is cooked through when it's no longer pink inside.



Flavour the chicken

While the veggies are roasting, finely chop the **garlic**. Zest the whole **lemon**, then slice into wedges. Roughly chop the **parsley** leaves. In a large bowl, combine the **garlic, chermoula spice blend, the salt, Greek-style yoghurt** (2 tbs for 2 people / 3 tbs for 4 people), a squeeze of **lemon juice** and a drizzle of **olive oil**. Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. Add the **chicken** steaks to the **yoghurt mixture** and toss to coat. Set aside.



Serve up

While the chicken is cooking, combine the remaining **yoghurt, lemon zest** and a generous squeeze of **lemon juice** in a medium bowl. Season to taste and set aside. Add the roasted **zucchini, carrot** and **onion, baby spinach leaves** to the **couscous** and stir to combine. Season to taste. Divide the **roast veggie couscous** between bowls. Reserve two portions of **chicken, lemon yoghurt** and **parsley** for lunch. Top the **couscous** with the remaining **chicken, lemon yoghurt** and **parsley**. Garnish with the **flaked almonds**. Serve with the remaining **lemon wedges**.



Cook the couscous

In a medium saucepan, add the **water** and crumble in the **vegetable stock** (1 cube for 2 people / 2 cubes for 4 people). Bring to the boil. Add the **couscous** and a drizzle of **olive oil**. Stir to combine, place a lid on the saucepan and remove from the heat. Leave until all the water is absorbed, **5 minutes**. Fluff up with a fork and set aside, uncovered.



Make lunch

When you're ready to pack lunch, roughly chop the **tomato**. Add a drizzle of olive oil to the **remaining lemon yoghurt**. Stir to combine, then divide between two reusable containers. Divide the **roasted sweet potato, tomato, spinach & rocket mix** and **currants** between the two containers. Top with the reserved **chicken** and **parsley**. Crumble over the **fetta**. Refrigerate. At lunch, season to taste. Toss well to combine.

Enjoy!