



CHERMOULA GRILLED CHICKEN

with Chickpeas and Couscous



HELLO COUSCOUS

Not a grain but tiny balls of dough made by sprinkling water on flour, raking it through and sieving!



Lemon



Chickpeas



Chicken Stock Pot



Chermoula Spice Mix



Chicken Mini Fillets



Ground Coriander



Couscous



Mint



Cherry Plum Tomatoes



Greek Yoghurt

MEAL BAG

Total: 20 mins

Rapid recipe

2.5 of your 5 a day

Medium heat

A zesty blend of spices, garlic, and fresh herbs, chermoula is a Moroccan spice traditionally used to season fish and meat and is the superstar seasoning in tonight's speedy dish. Served alongside a fluffy couscous and chickpea salad, zesty cherry tomatoes and a dollop of minted yoghurt, this dish proves that you don't need bags of time to create a showstopping dish!

GET **PREPARED!**

Put your **Kettle** on to boil. **Preheat** your grill to high.

BEFORE YOU START

- Put your **kettle** on to boil and **preheat** your grill to high.
 - Wash the veggies.
 - Line a **baking tray** with some **foil**. Make sure you've got a **sieve**, **large bowl**, **baking tray**, **large saucepan** and two **bowls**.
- Let's start cooking the **Chermoula Grilled Chicken with Chickpeas and Couscous**.



1 GET PREPPED

- Zest the **lemon** then cut in half.
- Drain and rinse the **chickpeas**.



2 PREP THE CHICKEN

- Pop half the **chicken stock pot** in a large bowl with a drizzle of **oil**, the **chermoula spice** and **half** the **lemon juice**.
- Mix well with a fork to break up the **stock pot**. Add the **chicken mini fillets**. Toss well to coat.
- Spread your **chicken** out on your prepped baking tray.



3 GRILL THE CHICKEN

- Grill the **chicken** until it is a little charred on the edges and cooked through, 14-16 mins. Turn the **chicken** halfway. **★ TIP:** *The chicken is cooked through when no longer pink in the middle.*



4 MAKE THE COUSCOUS

- Pour the boiling water (see ingredients for amount) into a large saucepan on medium high heat. Stir in the remaining **chicken stock pot** until dissolved.
- Add the **lemon zest**, ground **coriander**, **couscous** and **chickpeas**. Stir together.
- Bring to the boil, cover with a lid, remove from the heat and leave to the side for 10 mins.



5 FINISH THE PREP

- Meanwhile, finely chop the **mint leaves** (discard the **stalks**).
- Halve the **cherry plum tomatoes**.
- Pop the **plum tomatoes** into a bowl and add a drizzle **oil**, a **third** of the **mint**, a pinch of **salt** and **pepper**. Mix together.
- Spoon the **Greek yoghurt** into a bowl and stir in **half** the remaining chopped **mint**.



6 FINISH AND SERVE

- Fluff the couscous up with a fork and stir in the remaining **mint**. Season to taste. Serve in bowls then arrange the tomatoes and chicken on top.
- Finish with a dollop of **minty yoghurt** and a scattering of chopped **mint**.
- Serve with **lemon wedges**.

ENJOY!

2 PEOPLE INGREDIENTS

Lemon	1
Chickpeas	1 tin
Chicken Stock Pot	1
Chermoula Spice Mix	1 tsp
Chicken Mini Fillets	280g
Water*	300ml
Ground Coriander	1½ tsp
Couscous (13)	150g
Mint	2 bunches
Cherry Plum Tomatoes, halved	1 punnet
Greek Yoghurt (7)	½ pot

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 581G	PER 100G
Kcal	699	120
KJ	2957	509
Fat	11	2
Sat Fat	4	1
Carbohydrates	76	13
Sugars	14	2
Protein	70	12
Salt	3.28	0.56

ALLERGENS

7) Milk (13) Gluten

Chermoula Spice Mix: Paprika, Cumin Seeds, Garlic, Lemon, Sea Salt, Red Chillies, Black Pepper, Parsley, Coriander Leaf, Turmeric.

Chicken Stock Pot: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract

Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between uses.

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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