



# CHERMOULA GRILLED CHICKEN

with Chickpeas and Couscous



## HELLO COUSCOUS

*In North Africa Couscous is eaten to celebrate holidays and house warmings because couscous symbolises good luck.*



Lemon



Chickpeas



Chicken Stock Pot



Chermoula Spice Blend



Chicken Mini Fillets



Ground Coriander



Couscous



Mint



Cherry Plum Tomatoes



Greek Yoghurt

MEAL BAG

20 mins

1.5 of your 5 a day

Medium heat



Rapid recipe

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



## BEFORE YOU START

- Put your **Kettle** on to boil.
- Preheat** your grill to high.
- Line a **Baking Tray** with some **Foil**.
- Wash** the veggies.
- Make sure you've got a **Fine Grater**, **Sieve**, **Mixing Bowl**, some **Baking Paper**, a **Baking Tray**, **Measuring Jug** and **Large Saucepan** (with a **Lid**). 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 **stock pot** in a mixing bowl with a drizzle of **oil**, the chermoula **spice** and half the **lemon juice**.
- Use a fork to mix well, breaking up the **stock pot** as much as possible.
- Add the **chicken mini fillets**. Toss to coat well and spread 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 through cooking. **IMPORTANT:** The chicken is cooked through when it is no longer pink in the middle.



### 4 MAKE THE COUSCOUS

- Meanwhile, pour the boiling **water** (see ingredients for amount) into a large saucepan on medium high heat. Stir in the remaining **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 PREPPING

- Meanwhile, finely chop the **mint leaves** (discard the stalks) and halve the **cherry tomatoes**.
- Pop the **tomatoes** into a bowl and add a drizzle of **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 up the **couscous** with a fork and stir in the remaining **mint**. season to taste.
- Serve in bowls, arranging the **tomatoes** and **chicken** on top.
- Finish with a dollop of **minty yoghurt**. Serve with **lemon wedges**.

## ENJOY!

## 2 PEOPLE INGREDIENTS

Lemon	1
Chickpeas	1 carton
Chicken Stock Pot	1
Chermoula Spice Blend	1 tsp
Chicken Mini Fillets	280g
Water*	300ml
Ground Coriander	1½ tsp
Couscous <sup>13)</sup>	150g
Mint	2 bunches
Cherry Plum Tomatoes, halved	1 punnet
Greek Yoghurt <sup>7)</sup>	1 pot

\*Not Included

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 511G	PER 100G
Energy (kcal)	681	133
(kJ)	2849	557
Fat (g)	14	3
Sat. Fat (g)	7	1
Carbohydrate (g)	69	13
Sugars (g)	16	3
Protein (g)	68	13
Salt (g)	2.91	0.57

### ALLERGENS

<sup>7)</sup> Milk <sup>13)</sup> Gluten

**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 use.**

### 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](mailto:hello@hellofresh.co.uk)

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