



Quick Chermoula Chicken

with Zhoug Couscous and Veggies

N° 14

RAPID 20 Minutes • Medium Heat • 1 of your 5 a day



Chicken Stock Powder



Couscous



Zhoug



Diced Chicken Breast



Chermoula Spice



Echalion Shallot



Courgette



Natural Yoghurt

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Measuring Jug, Saucepan and Frying Pan.

Ingredients

	2P	3P	4P
Water for the Couscous*	240ml	360ml	480ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Couscous 13	120g	180g	240g
Zhoug	1 sachet	1½ sachets	2 sachets
Diced Chicken Breast**	280g	420g	560g
Chermoula Spice	1 small pot	¾ large pot	1 large pot
Echalion Shallot**	1	1½	2
Courgette**	1	1½	2
Natural Yoghurt 7) **	75g	100g	150g

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	448g	100g
Energy (kJ/kcal)	2473 /591	553 /132
Fat (g)	16	4
Sat. Fat (g)	3	1
Carbohydrate (g)	59	13
Sugars (g)	15	3
Protein (g)	50	11
Salt (g)	1.87	0.42

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **13)** Gluten

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

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Prep the Couscous

a) Pour the **water** for the couscous (see ingredients for amount) and the **chicken stock powder** into a saucepan and bring to the boil.

b) When boiling, remove from the heat, stirring in the **couscous** and **zhoug paste**.

c) Cover with a lid and leave to the side for 8-10 mins or until ready to serve.



2. Fry the Chicken

a) Meanwhile, heat a drizzle of **oil** in a frying pan on high heat.

b) Once hot, add the **chicken** and **chermoula**. Season with **salt** and **pepper**. Stir to combine.

c) Fry until the **chicken** is browned and cooked through, 9-11 mins, stir occasionally. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



3. Prep the Veg

a) While the **chicken** cooks, halve peel and thinly slice the **shallot**.

b) Trim the ends from the **courgette**, halve lengthways, slice into 1cm wide strips, then chop into 1cm chunks.



4. Fry the Veg

a) When the **chicken** is cooked, remove it to a bowl and pop your frying pan back on the heat. Reduce the heat to medium.

b) Add the **courgette** and **shallot**. Season with a pinch of **salt** and **pepper**.

c) Fry until softened, 3-4 mins.

d) Add the **chicken** back into the pan, stir together with the **veg** and cook for 2 mins more.



5. Combine

a) Fluff up the **couscous** with a fork.

b) Add the **chicken** and **veg** to the **couscous** and gently mix together until combined.

c) Taste and add **salt** and **pepper** if you feel it needs it.



6. Finish and Serve

a) Spoon the **couscous** and **chicken** into bowls.

b) Drizzle some **yoghurt** over the top.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.