



GREEK STYLE CHICKEN

with Basil Couscous



HELLO FETA

The word feta comes from an ancient Greek word meaning slice.



Red Onion



Aubergine



Basil



Garlic Clove



Water



Couscous



Chicken Thighs



Tomato Purée



Tomato Passata



Worcester Sauce



Feta Cheese

MEAL BAG

40 mins

3 of your 5 a day

Greek cuisine is all about fresh, bright, simple flavours; this recipe has all three. Perfectly fluffy couscous served with a rich tomato and aubergine sauce, shredded roast chicken and crumbled feta, the reasons to love this dish are never-ending. The perfect thing to knock together for a quick midweek dinner, we have a feeling that you'll be coming back to this recipe time and time again. How could you resist?

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Frying Pan**, **Fine Grater** (or **Garlic Press**), **Measuring Jug**, **Large Saucepan** (with a **Lid**), some **Baking Paper** and a **Baking Tray**. Now, let's get cooking!



1 PREP THE VEGGIES

Preheat your oven to 200°C. Halve, peel and thinly slice the **red onion**. Remove the stalk top from the **aubergine**. Halve lengthways, slice each half into four strips and then chop into 1cm chunks. Heat a drizzle of **oil** in a frying pan over medium heat. Add the **onion** and **aubergine** and cook, stirring occasionally, until softened, 5-7 mins. **★ TIP:** Add a pinch of sugar if you have some, to help them caramelize.



4 MAKE THE SAUCE

Once the **veggies** have softened, add the **garlic** and **tomato purée**. Fry for 1 minute, stirring occasionally. Add the **tomato passata**, **Worcester sauce** (check the amount specified in the ingredients list!) and **water** (amount specified in the ingredient list). Bring the **sauce** to the boil, lower the heat and simmer until thickened, 10 mins. **★ TIP:** If it looks dry, just add a splash of water!



2 COOK THE COUSCOUS

Meanwhile, pick the **basil leaves** from their stalks and roughly chop. Finely chop the **stalks** (keep them separate). Peel and grate the **garlic**, (or use a garlic press). Bring the **water** (amount specified in the ingredient list) to the boil in a large saucepan. Add the **basil stalks** and a pinch of **salt**. When the water is boiling, add the **couscous**, pop a lid on the pan and remove from the heat. Leave to one side until you are ready to serve.



5 SHREDDING TIME

When the **chicken** is cooked, transfer to a plate and use two forks to shred the **meat**. Add the **shredded chicken** to the **veggie sauce** and stir everything together. Taste to check the seasoning - add more **salt**, **pepper**, **sugar** or **Worcester sauce** if you think it needs it! Finally, stir through **half** the **basil leaves**.



3 ROAST THE CHICKEN

Put the **chicken thighs** on a baking tray, drizzle over some **oil** and season with a pinch of **salt** and **pepper**. Roast on the top shelf of your oven, 20 mins. **★ TIP:** The chicken is cooked when it is no longer pink in the middle.



6 FINISH AND SERVE

Fluff up the **couscous** with a fork. Serve in big bowls topped with the **chicken** and **veggie sauce**. Crumble over the **feta cheese** and sprinkle on the remaining **basil leaves**. **Opa!**

2 PEOPLE INGREDIENTS

Red Onion, sliced	1
Aubergine, chopped	1
Basil, chopped	1 bunch
Garlic Clove, grated	2
Water for the Couscous*	300ml
Couscous 13)	150g
Chicken Thighs	3
Tomato Purée	30g
Tomato Passata	1 carton
Worcester Sauce	2 tsp
Water for the Sauce*	200ml
Feta Cheese, crumbled 7)	1 block

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	745	125
(kJ)	3134	526
Fat (g)	24	4
Sat. Fat (g)	11	2
Carbohydrate (g)	72	12
Sugars (g)	17	3
Protein (g)	58	10
Salt (g)	1.86	0.31

ALLERGENS

7) Milk 13) Gluten

👍 THUMBS UP OR THUMBS DOWN?

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