

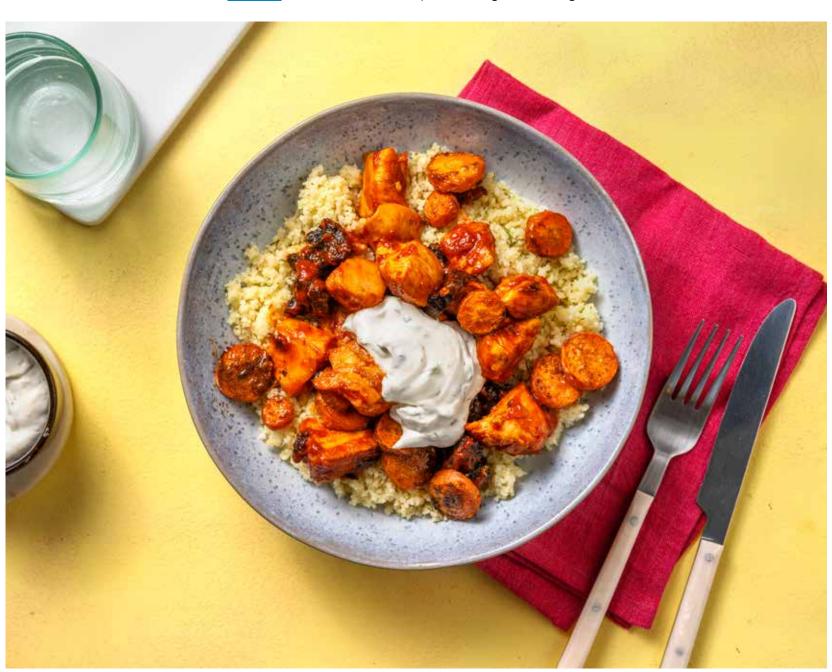
Middle Eastern Style Chicken Stew

with Couscous, Roasted Carrots and Dill Yoghurt

Rapid

20 Minutes • Mild Spice • 2 of your 5 a day









Ground Cumin



Chicken Stock



Couscous



Diced Chicken



Breast









Tomato Puree



Low Fat Natural Yoghurt



Harissa Paste

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veggies need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Baking tray, saucepan, lid, frying pan, garlic press and bowl. Ingredients

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	2P	3P	4P
Carrot**	2	3	4
Ground Cumin	1 sachet	1 sachet	2 sachets
Water for the Couscous*	240ml	360ml	480ml
Chicken Stock Paste	15g	20g	30g
Couscous 13)	120g	180g	240g
Diced Chicken Breast**	280g	420g	560g
Prunes	40g	60g	80g
Dill**	1 bunch	1 bunch	1 bunch
Garlic Clove**	1	2	2
Tomato Puree	1 sachet	11/2 sachets	2 sachets
Harissa Paste	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	100ml	150ml	200ml
Low Fat Natural Yoghurt** 7)	75g	120g	150g
King Prawns** 5)	150g	225g	340g
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*Not Included **Store in the Fridae

Nutrition

	Per serving	Per 100g
for uncooked ingredient	413g	100g
Energy (kJ/kcal)	2326 /556	564/135
Fat (g)	13	3
Sat. Fat (g)	2	1
Carbohydrate (g)	61	15
Sugars (g)	17	4
Protein (g)	47	11
Salt (g)	2.20	0.53
Custom Recipe	Per serving	Per 100g
Custom Recipe for uncooked ingredient	Per serving 488g	Per 100g 100g
The second secon		
for uncooked ingredient	488g	100g
for uncooked ingredient Energy (kJ/kcal)	488g 2545 /608	100g 522/125
for uncooked ingredient Energy (kJ/kcal) Fat (g)	488g 2545 /608 14	100g 522/125 3
for uncooked ingredient Energy (kJ/kcal) Fat (g) Sat. Fat (g)	488g 2545 /608 14 2	100g 522/125 3 1
for uncooked ingredient Energy (kJ/kcal) Fat (g) Sat. Fat (g) Carbohydrate (g)	488g 2545 /608 14 2 61	100g 522/125 3 1 12

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

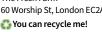
5) Crustaceans 7) Milk 13) Cereals containing Gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

HelloFresh UK

Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ







Roast your Carrots

- a) Preheat your oven to 220°C.
- **b)** Trim the **carrot**, then slice into 1cm thick rounds (no need to peel).
- c) Pop the carrots onto a baking tray. Drizzle with oil, season with salt and pepper, then scatter over the cumin. Toss to coat then spread out in a single layer.
- d) When the oven is hot, roast on the top shelf until soft and golden, 15-16 mins. Turn halfway through.



Cook the Couscous

- a) While the carrots roast, pour the water for the couscous (see ingredients for amount) and half the chicken stock paste into a saucepan and bring to the boil.
- **b)** When boiling, remove from the heat, stir in the **couscous** and pop a lid on the pan.
- c) Leave to the side for 8-10 mins or until ready to serve.



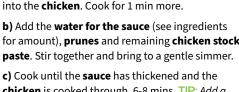
Fry the Chicken

- a) Meanwhile, heat a drizzle of oil in a large frying pan on medium-high heat. When hot, add the chicken and season with salt and pepper. Cook until browned all over, 5-6 mins. Turn occasionally. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.
- b) Meanwhile, roughly chop the prunes. Roughly chop the dill (stalks and all).
- c) Peel and grate the garlic (or use a garlic press).



Add the Flavours

- a) Stir the garlic, tomato puree and harissa paste into the chicken. Cook for 1 min more.
- for amount), **prunes** and remaining **chicken stock** paste. Stir together and bring to a gentle simmer.
- c) Cook until the sauce has thickened and the chicken is cooked through, 6-8 mins. TIP: Add a splash of water if it's too thick. IMPORTANT: The chicken is cooked when no longer pink in the middle.



CUSTOM RECIPE

If you've chosen to add **prawns** to your meal, halfway through the simmering time, stir in the prawns and cook for the remaining 3-4 mins. **IMPORTANT:** Wash your hands and equipment after handling raw prawns. The prawns are cooked when pink on the outside and opaque in the middle.



Dill Yoghurt Time

- a) While the stew simmers, mix the yoghurt with half the dill in a small bowl. Season with salt and pepper.
- **b)** Carefully fluff up the **couscous** with a fork, then stir through the remaining dill and season to taste.



Serve

- a) When everything is ready, taste the stew and season with salt and pepper if needed.
- **b)** Divide the **couscous** between your bowls and spoon over the chicken stew.
- c) Top with the roasted carrots and a spoonful of the dill yoghurt.

Enjoy!