

# **Quick Chermoula Chicken**

with Zhoug Couscous and Veggies

20 Minutes • Medium Spice • 1 of your 5 a day







Chicken Stock Powder



Couscous



Zhoug Paste





Diced Chicken Breast



Chermoula Spice



**Echalion Shallot** 



Courgette



Natural Yoghurt

# Before you start

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

#### Basic cooking tools, you will need: Measuring Jug, Saucepan and Frying Pan. Ingredients

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	2P	3P	4P
Water for the Couscous*	240ml	360ml	480ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Couscous 13)	120g	180g	240g
Zhoug Paste	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	1	2
Courgette**	1	2	2
Natural Yoghurt 7)**	75g	100g	150g

\*Not Included \*\* Store in the Fridge

#### **Nutrition**

	Per serving	Per 100g
for uncooked ingredient	410g	100g
Energy (kJ/kcal)	2372 /567	579/138
Fat (g)	15	4
Sat. Fat (g)	3	1
Carbohydrate (g)	56	14
Sugars (g)	12	3
Protein (g)	48	12
Salt (g)	1.82	0.44

Nutrition for uncooked ingredients based on 2 person recipe.

#### **Allergens**

7) Milk 13) Gluten

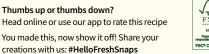
Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & 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. Frv the Chicken

- a) Meanwhile, heat a drizzle of oil in a frying pan on high heat.
- b) Once hot, add the chicken and chermoula.
- c) Season with salt and pepper. Stir to combine.
- d) 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.
- b) Reduce the heat to medium.
- c) Add the courgette and shallot. Season with a pinch of salt and pepper.
- d) Fry until softened, 3-4 mins.
- e) 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.