

Quick Chermoula Chicken with Zhoug Couscous and Veggies

Calorie Smart 20 Minutes • Under 600 Calories • Medium Spice • 1 of your 5 a day







Stock Powder





Zhoug Paste





Diced Chicken Breast





Echalion Shallot





Natural Yoghurt

Before you start

Our fruit and veggies need a little wash before you

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	2 sachets	2 sachets	
Couscous 13)	120g	180g	240g	
Zhoug Paste	1 sachet	1⅓ 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.

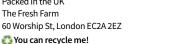
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Prep the Couscous

Pour the water for the couscous (see ingredients for amount) and the **chicken stock powder** into a saucepan and bring to the boil. When boiling, remove from the heat, stirring in the **couscous** and **zhoug paste**. Cover with a lid and leave to the side for 8-10 mins or until ready to serve.



Fry the Chicken

Meanwhile, heat a drizzle of oil in a frying pan on high heat. Once hot, add the chicken and chermoula. Season with salt and pepper. Stir to combine. 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.



Prep the Veg

While the **chicken** cooks, halve peel and thinly slice the **shallot**. Trim the ends from the **courgette**, halve lengthways, slice into 1cm wide strips, then chop into 1cm chunks.



Fry the Veg

When the **chicken** is cooked, remove it to a bowl and pop your frying pan back on the heat, reducing it to a medium heat. Add the courgette and shallot. Season with a pinch of salt and pepper. Fry until softened, 3-4 mins. Add the chicken back into the pan, stir together with the veg and cook for 2 mins more.



Combine

Fluff up the **couscous** with a fork. Add the **chicken** and **veg** to the **couscous** and gently mix together until combined. Taste and add salt and pepper if you feel it needs it.



Finish and Serve

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