



Quick Chermoula Chicken with Zhoug Couscous and Veggies

Calorie Smart 20 Minutes • Under 600 Calories • 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 and veggies need a little wash before you use them!

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	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

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 You can recycle me!



1 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.



2 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.*



3 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.



4 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.



5 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.



6 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.