



Quick Chermoula Chicken with Zhoug Couscous and Veggies

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

11



Chicken Stock Powder



Couscous



Zhoug



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:

Saucepan, Frying Pan, Wooden Spoon, Bowl, Measuring Jug.

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 | 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) | 2371/567 | 578/138 |
| 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

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



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 and stir 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 Fry the Chicken

a) Meanwhile, heat a drizzle of **oil** in a frying pan on high heat.

b) Once hot, add the **chicken** and **chermoula**. Season with **salt** and **pepper**. Stir to combine.

c) Fry until the **chicken** is browned and cooked through, 9-11 mins, stirring 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. Add the **courgette** and **shallot**. Season with a pinch of **salt** and **pepper**.

c) 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

a) Fluff up the **couscous** with a fork.

b) 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

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.