

# Quick Chermoula Chicken with Zhoug Couscous and Veggies

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







Chicken Stock Paste





Zhoug Paste









Courgette



**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, Lid, Frying Pan, Bowl.

Ingredients

5			
	2P	3P	4P
Water for the Couscous*	240ml	360ml	480ml
Chicken Stock Paste	10g	15g	20g
Couscous 13)	120g	180g	240g
Zhoug Paste	1 sachet	11/2 sachets	2 sachets
Diced Chicken Breast**	280g	420g	560g
Chermoula Spice	1 sachet	1 sachet	2 sachets
Echalion Shallot**	1	1	2
Courgette**	1	2	2
Natural Yoghurt <b>7)</b> **	75g	99g	150g

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

#### **Nutrition**

for uncooked ingredient Energy (kJ/kcal) Fat (g) Sat. Fat (g) Carbohydrate (g) Sugars (g)	Per serving 407g 2312/553 15 3 54 12	Per 100g 100g 569/136 4 1 13
Protein (g)	48	12
Salt (g)	1.84	0.45

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

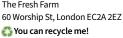
Thumbs up or thumbs down?

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







# Prep the Couscous

- a) Pour the water for the couscous (see ingredients for amount) and the chicken stock paste 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.



# 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. **IMPORTANT:** Wash your hands after handling chicken and its packaging.
- c) 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

- 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.



# Fry the Veg

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



#### 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.



#### 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.