



Quick Chermoula Chicken with Zhoug Couscous and Veggies

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

N° 34



Chicken Stock Paste



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, Lid, Frying Pan, Bowl.

Ingredients

	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	1½ 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 7) **	75g	99g	150g

*Not Included **Store in the Fridge

Nutrition

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

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Packed in the UK

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 You can recycle me!



1 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.



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. **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.



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. 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.



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.