



Quick Chermoula Chicken

with Zhoug Couscous, Courgette and Yoghurt

Calorie Smart 20 Minutes • Medium Spice • 2 of your 5 a day • Under 650 Calories

24



Garlic Clove



Chicken Stock Paste



Couscous



Zhough Style Paste



Diced Chicken Breast



Chermoula Spice Mix



Courgette



Lemon



Low Fat Natural Yoghurt

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, saucepan, lid, frying pan, fine grater and bowl.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Chicken Stock Paste	10g	15g	20g
Couscous 13)	120g	180g	240g
Zhoug Style Paste	1 sachet	1½ sachets	2 sachets
Diced Chicken Breast**	260g	390g	520g
Chermoula Spice Mix	2 sachets	2 sachets	4 sachets
Courgette**	1	2	2
Lemon**	½	1	1
Low Fat Natural Yoghurt** 7)	75g	120g	150g

Pantry	2P	3P	4P
Water for the Couscous*	240ml	360ml	480ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	455g	100g
Energy (kJ/kcal)	2406 / 575	529 / 127
Fat (g)	16.7	3.7
Sat. Fat (g)	3.0	0.7
Carbohydrate (g)	54.7	12.0
Sugars (g)	14.0	3.1
Protein (g)	46.1	10.1
Salt (g)	2.01	0.44

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

7) Milk **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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Cook the Zhoug Couscous

- Peel and grate the **garlic** (or use a garlic press).
- Add the **water for the couscous** (see pantry for amount), **chicken stock paste** and **garlic** into a saucepan and bring to the boil.
- When boiling, remove from the heat. Stir in the **couscous** and **zhoug style paste**.
- Pop a lid on the pan and leave to the side for 8-10 mins or until ready to serve.



Bring on the Veg

- When the **chicken** is cooked, transfer it to a bowl. Pop your (now empty) frying pan back on medium heat with a drizzle of **oil** if needed.
- Once hot, add the **courgette** to the pan. Season with **salt** and **pepper**, then fry until softened, 3-4 mins.
- Add the **chicken** back into the pan and stir together with the **veg**, then cook for 2 mins more.



Fry the Chicken

- Meanwhile, heat a drizzle of **oil** in a frying pan on high heat.
- Once hot, add the **chicken** and sprinkle over the **chermoula spice mix** (add less if you'd prefer things milder). Season with **salt** and **pepper**.
- Fry until the **chicken** is golden brown on the outside and cooked through, 8-10 mins.
IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle.



Combine and Stir

- Fluff up the **cooked couscous** with a fork.
- Add the **couscous** to the **chicken** and **veg** pan and stir through with the **lemon zest** until combined.
- Taste and add **salt** and **pepper** if needed.



Get Prepped

- While the **chicken** cooks, trim the **courgette**, then quarter lengthways. Cut into 1cm chunks.
- Zest and halve the **lemon** (see ingredients for amount).



Serve

- Spoon the **chermoula chicken** and **couscous** into your bowls.
- Top with a dollop of **yoghurt**.
- Serve with the remaining **lemon** cut into wedges for squeezing over.

Enjoy!

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