



Quick Middle Eastern Style Spiced Chicken with Zhoug Couscous, Courgette and Yoghurt

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

12



Garlic Clove



Chicken Stock
Paste



Couscous



Zhoug Style
Paste



Diced Chicken
Breast



Middle Eastern Style
Spice Mix



Echalion Shallot



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

Grater, garlic press, saucepan, lid, frying pan, zester 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**	280g	420g	560g
Middle Eastern Style Spice Mix	2 pots	3 pots	4 pots
Echalion Shallot**	1	1	2
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 for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	438g	100g
	2285 /546	522 /125
Fat (g)	16.4	3.7
Sat. Fat (g)	2.8	0.7
Carbohydrate (g)	53.4	12.2
Sugars (g)	9.0	2.1
Protein (g)	46.9	10.7
Salt (g)	1.72	0.39

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

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.

Contact

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The Fresh Farm

60 Worship St, London EC2A 2EZ

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Cook the Couscous

- Peel and grate the **garlic** (or use a garlic press).
- Add the **water for the couscous** (see ingredients 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** and **shallot** to the pan. Season with **salt** and **pepper**, then stir-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 **Middle Eastern style 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, stirring occasionally, 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

- Once cooked, fluff up the **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, halve, peel and thinly slice the **shallot**.
- Trim the **courgette**, then quarter lengthways. Chop into 1cm chunks.
- Zest and halve the **lemon** (see ingredients for amount).



Serve

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

Enjoy!