



Za'atar Chicken and Zhoug Couscous with Charred Courgette and Fresh Tomato Sauce

24

Calorie Smart 25-30 Minutes • Mild Spice • 2 of your 5 a day • Under 650 Calories



-  Courgette
-  Garlic Clove
-  Baby Plum Tomatoes
-  Diced Chicken Breast
-  Za'atar
-  Couscous
-  Chicken Stock Paste
-  Sun-Dried Tomato Paste
-  Zhoug Style Paste
-  Low Fat Natural Yoghurt

Pantry Items
Oil, Salt, Pepper, Sugar

Before you start

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

Cooking tools

Kettle, garlic press, frying pan, bowl and cling film.

Ingredients

Ingredients	2P	3P	4P
Courgette**	1	1½	2
Garlic Clove**	1	1	2
Baby Plum Tomatoes	125g	190g	250g
Diced Chicken Breast**	260g	390g	520g
Za'atar	1 sachet	1 sachet	2 sachets
Couscous 13	110g	180g	240g
Chicken Stock Paste	20g	30g	40g
Sun-Dried Tomato Paste	25g	37g	50g
Zhoug Style Paste	50g	75g	100g
Low Fat Natural Yoghurt** 7	75g	120g	150g

Pantry	2P	3P	4P
Boiled Water for the Couscous*	220ml	380ml	420ml
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	75ml	100ml	125ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	446g	100g
	2384 /570	535 /128
Fat (g)	18.3	4.1
Sat. Fat (g)	3.3	0.8
Carbohydrate (g)	51.9	11.6
Sugars (g)	11.4	2.6
Protein (g)	44.4	10.0
Salt (g)	3.08	0.69

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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Get Prepped

Boil a full kettle.

Trim the **courgette** and slice into thick 1cm rounds.
Peel and grate the **garlic** (or use a garlic press).

Halve the **baby plum tomatoes**.



Char the Courgettes

Heat another large frying pan on high heat (no oil). When hot, add the **courgette** and cook until charred, 3-4 mins.

Turn only every couple of mins - this will result in the **courgette** picking up some nice colour. Once cooked, season with **salt** and **pepper**.

Remove the pan from the heat.



Cook the Chicken

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once the **oil** is hot, add the **chicken** and **za'atar**. 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.



Bring on the Tomatoes

When the **chicken** is cooked, add the **garlic**, **sun-dried tomato paste**, **baby plum tomatoes**, **sugar** and **water for the sauce** (see pantry for both amounts) and remaining **chicken stock paste** to the pan.

Stir together, then simmer until the **tomatoes** have softened, 4-5 mins.

Once softened, gently squish the **tomatoes** in the **sauce** using a fork or spoon.



Get the Couscous On

While the **chicken** cooks, put the **couscous** in a bowl.

Pour in the **boiled water for the couscous** (see pantry for amount), stir in **half** the **chicken stock paste**, then cover tightly with cling film.

Leave to the side for 10 mins or until ready to serve.



Serve

When the **couscous** is ready, fluff it up with a fork and stir through the **zhoug**.

Share the **zhoug couscous** between your bowls, then spoon over the **za'atar chicken** and **charred courgettes**.

Finish with a drizzle of **yoghurt** over the top.

Enjoy!

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