



Baked Chermoula Chicken

with Carrot Couscous & Roast Veggie Toss

Grab your Meal Kit with this symbol



Parsnip



Red Onion



Chermoula Spice Blend



Greek-Style Yoghurt



Chicken Breast



Garlic



Baby Spinach Leaves



Lemon



Carrot



Slivered Almonds



Chicken-Style Stock Powder



Couscous

Hands-on: **20-30 mins**
 Ready in: **25-35 mins**

Eat me early

Who doesn't like a bit of char on their chicken? This one gets a generous coating of our punchy chermoula spice blend before it crisps up in the pan until golden. Finish it off in the oven so you have the most succulent result that pairs beautifully with our veggie-packed couscous.

Pantry items

Olive Oil, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Two oven trays lined with baking paper · Large frying pan · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
parsnip	1	2
red onion	1 (medium)	1 (large)
chermoula spice blend	1 sachet	1 sachet
salt*	¼ tsp	½ tsp
Greek-style yoghurt	1 medium packet	1 large packet
chicken breast	1 packet	1 packet
garlic	2 cloves	4 cloves
baby spinach leaves	1 bag (30g)	1 bag (60g)
lemon	½	1
carrot	½	1
slivered almonds	1 packet	2 packets
butter*	20g	40g
water*	¾ cup	1½ cups
chicken-style stock powder	½ sachet	1 sachet
couscous	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2935kJ (701Cal)	604kJ (144Cal)
Protein (g)	44.6g	9.2g
Fat, total (g)	33.3g	6.9g
- saturated (g)	10.6g	2.2g
Carbohydrate (g)	58.3g	12g
- sugars (g)	12.9g	2.7g
Sodium (mg)	1126mg	232mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **parsnip** into small chunks. Slice the **red onion** into wedges. Place the **veggies** on a lined oven tray, drizzle with **olive oil**, then season with **salt** and **pepper**. Toss to coat. Roast until tender, **20-25 minutes**. Meanwhile, combine the **chermoula spice blend**, the **salt**, 1/3 of the **Greek-style yoghurt** and a drizzle of **olive oil** in a medium bowl. Add the **chicken breast** and toss to coat. Set aside. Finely chop the **garlic**. Roughly chop the **baby spinach leaves**. Slice the **lemon** into wedges. Grate the **carrot** (see ingredients).



Cook the couscous

While the chicken is baking, melt the **butter** with a drizzle of **olive oil** in a medium saucepan over a medium-high heat. Cook the **carrot**, stirring, until softened, **2-3 minutes**. Add the **garlic** and cook, stirring, until fragrant, **1 minute**. Add the **water** and **chicken-style stock powder** (1/2 sachet for 2 people / 1 sachet for 4 people) and bring to the boil. Add the **couscous**, stir to combine, then cover with a lid and remove from the heat. Set aside until the water has absorbed, **5 minutes**. Fluff up with a fork.



Toast the almonds

Heat a large frying pan over a medium-high heat. Add the **slivered almonds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl.



Finish the couscous

In a second medium bowl, combine the roasted **veggies**, a drizzle of **olive oil** and a squeeze of **lemon juice**. Toss to coat and set aside. Stir the **baby spinach** and toasted **almonds** through the **couscous**. Add a generous squeeze of **lemon juice** and season to taste.



Cook the chicken

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **chicken** until golden, **2-3 minutes** each side. Transfer the **chicken** to a second lined oven tray and bake until cooked through, **8-12 minutes** (depending on thickness). Set aside to rest.

TIP: Don't worry if the yoghurt chars in the pan, this adds to the flavour!

TIP: Chicken is cooked through when it's no longer pink inside.



Serve up

Slice the chermoula chicken. Divide the carrot couscous between plates, then top with the chicken and roast veggie toss. Spoon over the remaining yoghurt and serve with any remaining lemon wedges.

Enjoy!