



Nanna's Chicken & Honey-Roasted Veggies

with Garlic Couscous & Lemon Mayo

Grab your Meal Kit with this symbol



Carrot



Parsnip



Garlic



Lemon



Baby Spinach Leaves



Parsley



Chicken Thigh



Nan's Special Seasoning



Flaked Almonds



Chicken-Style Stock Powder



Couscous



Mayonnaise

Hands-on: **20-30 mins**
Ready in: **30-40 mins**

Eat me early

Our popular Nan's special seasoning, with paprika, pepper, onion and garlic, instantly adds a rich, classic flavour to succulent chicken thigh. Add sweet, honey-roasted veggies and creamy mayo for a dish worth enjoying again and again.

Pantry items

Olive Oil, Honey, 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

Oven tray 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
carrot	1	2
parsnip	1	2
honey*	1 tsp	2 tsp
garlic	1 clove	2 cloves
lemon	½	1
baby spinach leaves	1 bag (30g)	1 bag (60g)
parsley	1 bunch	1 bunch
chicken thigh	1 packet	1 packet
Nan's special seasoning	1 sachet	1 sachet
flaked almonds	1 packet	2 packets
butter*	15g	30g
water*	¾ cup	1½ cups
chicken-style stock powder	1 sachet	1 sachet
couscous	1 packet	2 packets
mayonnaise	1 packet (40g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2630kJ (628Cal)	656kJ (157Cal)
Protein (g)	39.7g	9.9g
Fat, total (g)	27.4g	6.8g
- saturated (g)	7.5g	1.9g
Carbohydrate (g)	52.2g	13.0g
- sugars (g)	11.8g	2.9g
Sodium (mg)	602mg	150mg

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.



1. Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **carrot** and **parsnip** (both unpeeled) into 1cm chunks and place on an oven tray lined with baking paper. Add the **honey** and a **drizzle of olive oil**, then toss well to coat. Season with **salt** and **pepper**, then roast until tender, **20-25 minutes**.

TIP: Cut the veggies to size so they cook in time.



4. Cook the chicken

While the couscous is cooking, return the frying pan to a medium-high heat with a **drizzle of olive oil**. When the oil is hot, add the **chicken** and cook, tossing, until browned and cooked through, **6-7 minutes**.

TIP: The spice blend will char slightly in the pan, this adds to the flavour!

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



2. Get prepped

While the veggies are roasting, finely chop the **garlic** (or use a garlic press). Zest the **lemon** to get a **generous pinch**, then slice into wedges. Roughly chop the **baby spinach leaves** and **parsley** leaves. Cut the **chicken thigh** into 2cm chunks. In a medium bowl, combine **Nan's special seasoning**, a **pinch of salt** and a **drizzle of olive oil**. Add the **chicken** and toss to coat. Set aside. Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a bowl.



5. Bring it together

While the chicken is cooking, combine the **mayonnaise** with a **squeeze of lemon juice** in a small bowl. Set aside. Add the roasted **veggies**, **baby spinach**, **parsley**, **lemon zest**, a **generous squeeze of lemon juice** and a **drizzle of olive oil** to the **couscous**. Toss gently to combine and season to taste.

TIP: Use as much or as little lemon zest as you like depending on your taste.



3. Cook the garlic couscous

In a medium saucepan, melt the **butter** over a medium-high heat. Add the **garlic** and cook until fragrant, **1 minute**. Add the **water** and **chicken-style stock powder** and bring to the boil. Add the **couscous**, stir to combine, cover with a lid and remove from the heat. Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork.



6. Serve up

Divide the garlic couscous with honey-roasted veggies between bowls. Top with Nanna's chicken and drizzle over the lemon mayo. Garnish with the toasted almonds and serve with any remaining lemon wedges.

Enjoy!