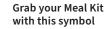


Honey Mustard Chicken with Roast Veggie Couscous & Lemon Yoghurt























Baby Spinach



Leaves





Chicken-Style



Stock Powder





Wholegrain Mustard

Greek-Style Yoghurt

Pantry items

Olive Oil, Honey

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 \cdot Medium saucepan with a lid \cdot Large frying pan

Ingredients

	2 People	4 People	
olive oil*	refer to method	refer to method	
carrot	1	2	
parsnip	1	2	
capsicum	1	2	
red onion	1 (medium)	1 (large)	
garlic	2 cloves	4 cloves	
lemon	1/2	1	
baby spinach leaves	1 bag (30g)	1 bag (60g)	
chicken thigh	1 packet	1 packet	
water*	3/4 cup	1½ cups	
chicken-style stock powder	1 sachet	2 sachets	
couscous	1 packet	1 packet	
wholegrain mustard	½ packet (20g)	1 packet (40g)	
honey*	1 tbs	2 tbs	
Greek-style yoghurt	1 medium packet	1 large packet	

^{*}Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2621kJ (626Cal)	406kJ (97Cal)
Protein (g)	43.7g	6.8g
Fat, total (g)	18.4g	2.9g
- saturated (g)	4.6g	0.7g
Carbohydrate (g)	74.1g	11.5g
- sugars (g)	28.4g	4.4g
Sodium (mg)	1312mg	203mg

Allergens

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

Visit 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 240°C/220°C fan-forced.
Cut the carrot and parsnip (unpeeled) into 2cm chunks. Cut the capsicum into 2cm strips. Cut the red onion into 2cm wedges. Place the veggies on an oven tray lined with baking paper. Drizzle with olive oil and season with salt and pepper. Toss to coat and roast until tender. 15-20 minutes.

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



Get prepped

While the veggies are roasting, finely chop the **garlic**. Zest the **lemon** to get a pinch, then juice (see ingredients). Roughly chop the **baby spinach leaves**. Cut the **chicken thigh** into 2cm chunks.



Cook the couscous

In a medium saucepan, add the **water** and 1/2 the **chicken-style stock powder** and bring to the boil. Add the **couscous** and a drizzle of **olive oil**. Stir to combine, cover with a lid and remove from the heat. Leave until all the water is absorbed, **5 minutes**. Fluff up with a fork and set aside uncovered.



Cook the chicken

In a large frying pan, heat a drizzle of olive oil over a high heat. Cook the chicken, tossing occasionally, until golden and cooked through, 4-5 minutes. While the chicken is cooking, combine the garlic, lemon juice, wholegrain mustard (see ingredients), honey, remaining chicken-style stock powder and a splash of water in a small bowl. Season with pepper. Remove the frying pan from the heat and stir through the honey mustard sauce until the chicken is well coated, 1 minute.

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



Bring it all together

Add the roasted **veggies**, **baby spinach** and a drizzle of **olive oil** to the cooked **couscous**. Toss to combine and season to taste. In a second small bowl, combine the **Greek-style yoghurt**, **lemon zest** and a drizzle of **olive oil**. Season with **salt**.



Serve up

Divide the roast veggie couscous between bowls, then top with the honey mustard chicken. Drizzle over the lemon yoghurt.

Enjoy!

If you have any questions or concerns, please visit hellofresh.co.nz/contact