



Mild North Indian Chicken & Veggie Couscous

with Currants & Pumpkin Seeds

Grab your Meal Kit with this symbol



Cauliflower



Carrot



Garlic



Baby Spinach Leaves



Pumpkin Seeds (Pepitas)



Chicken Breast



Mild North Indian Spice Blend



Currants



Chicken-Style Stock Powder



Couscous



Greek-Style Yoghurt



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



Eat Me Early



Calorie Smart

They say variety is the spice of life, so we've combined succulent chicken and roasted cauliflower with North Indian flavours for the ultimate meal that's sure to please! Just add some sweet currants for an explosion of colour and flavour.

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

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
cauliflower	1 portion (200g)	1 portion (400g)
carrot	1	2
garlic	2 cloves	4 cloves
baby spinach leaves	1 bag (30g)	1 bag (60g)
pumpkin seeds (pepitas)	½ packet	1 packet
chicken breast	1 packet	1 packet
mild North Indian spice blend	1 sachet	1 sachet
butter*	10g	20g
water*	¾ cup	1½ cups
currants	½ packet	1 packet
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
couscous	1 packet	1 packet
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2607kJ (623Cal)	526kJ (126Cal)
Protein (g)	43.9g	8.9g
Fat, total (g)	24g	4.8g
- saturated (g)	7.9g	1.6g
Carbohydrate (g)	59.1g	11.9g
- sugars (g)	16.5g	3.3g
Sodium (mg)	1092mg	220mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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

2021 | CW31

1



Roast the veggies & get prepped

- Preheat oven to **240°C/220°C fan-forced**. Cut **cauliflower** into small florets. Cut 1/2 the **carrot** into small chunks.
- Place **cauliflower** and chopped **carrot** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **15-20 minutes**.
- Meanwhile, finely chop **garlic**. Grate remaining **carrot**. Roughly chop **baby spinach leaves**.
- Heat a large frying pan over a medium-high heat. Toast **pumpkin seeds**, tossing, until golden, **3-4 minutes**. Transfer to a bowl.

3



Cook the couscous

- While chicken is cooking, melt **butter** in a medium saucepan over a medium-high heat. Cook **garlic** until fragrant, **1 minute**.
- Add the **water**, grated **carrot**, **currants** (see ingredients) and **chicken-style stock powder** and bring to boil.
- Add **couscous** and a drizzle of **olive oil**. Stir to combine, cover with a lid and remove from heat. Set aside until all water is absorbed, **5 minutes**.
- Fluff up with a fork, then stir through roasted **veggies** and **baby spinach**.

2



Cook the chicken

- Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **mild North Indian spice blend** and a drizzle of **olive oil**. Season with **salt**, then add **chicken** and toss to coat. Set aside.
- Return frying pan to a medium heat with a drizzle of **olive oil**. When oil is hot, cook **chicken**, turning occasionally, until browned and cooked through, **3-5 minutes** (cook in batches if your pan is getting crowded).

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

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

4



Serve up

- Slice mild North Indian chicken.
- Divide veggie couscous between bowls. Top with chicken and **Greek-style yoghurt**.
- Sprinkle with toasted pumpkin seeds to serve

Enjoy!