

Moroccan Honey Chicken

with Roast Veggie Couscous, Currants & Lime Yoghurt

Grab your Meal Kit with this symbol



Onion



Parsnip



Peeled Pumpkin Pieces



Chermoula Spice Blend



Chicken Thigh



Garlic



Currants



Chicken-Style Stock Powder



Couscous



Salad Leaves



Lime



Greek-Style Yoghurt

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 30-40 mins
 Ready in: 40-50 mins

Eat Me Early

Calorie Smart

We love the way honey caramelises in a pan, lending a crispy, sticky finish to chicken. We've used chicken thigh here because it packs a fantastic flavour, remains moist as it cooks and complements the bed of delicious roast veggie couscous that comes with it.

Pantry items

Olive Oil, Plain Flour, 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
onion	1 (medium)	1 (large)
parsnip	1	2
peeled pumpkin pieces	1 packet (200g)	1 packet (400g)
plain flour*	1 tsp	2 tsp
chermoula spice blend	1 sachet	1 sachet
salt*	¼ tsp	½ tsp
chicken thigh	1 packet	1 packet
honey*	½ tbs	1 tbs
garlic	2 cloves	4 cloves
butter*	10g	40g
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
salad leaves	1 small bag	1 medium bag
lime	½	1
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2483kJ (593Cal)	509kJ (121Cal)
Protein (g)	45.4g	9.3g
Fat, total (g)	19.1g	3.9g
- saturated (g)	6.8g	1.4g
Carbohydrate (g)	59.5g	12.2g
- sugars (g)	19.3g	4g
Sodium (mg)	1325mg	272mg

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.



Roast the veggies

Preheat oven to **220°/200°C fan-forced**. Slice **onion** into wedges. Cut **parsnip** into small chunks. Place **onion, parsnip** and **peeled pumpkin pieces** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Spread out evenly and roast until tender, **20-25 minutes**. Remove tray from the oven and allow the veggies to cool slightly.



Make the lime yoghurt

While the couscous is cooking, roughly chop **salad leaves**. Zest **lime** to get a pinch, then slice into wedges. In a small bowl, combine **Greek-style yoghurt** and a squeeze of **lime juice**. Season to taste and set aside.



Cook the chicken

Meanwhile, combine the **plain flour, chermoula spice blend** and the **salt** in a large bowl. Add **chicken thigh** and turn to coat. In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken**, turning occasionally, until browned and cooked through, **10-14 minutes**. In the last **2 minutes** of cook time, add the **honey** and turn to coat **chicken**. Remove from heat.



Finish the couscous

In a second large bowl, combine **couscous, roasted veggies, salad leaves** and **lime zest**. Season to taste.

TIP: Add everything to the couscous in the saucepan to save on washing up!



Make the garlic couscous

While the chicken is cooking, finely chop **garlic**. In a medium saucepan, melt the **butter** over medium-high heat. Cook **garlic** until fragrant, **1 minute**. Add the **water, currants** (see ingredients) and **chicken-style stock powder** and bring to the boil. Add **couscous** and a drizzle of **olive oil**. 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.



Serve up

Slice Moroccan honey chicken. Divide roast veggie couscous between bowls and top with chicken. Dollop with lime yoghurt.

Enjoy!