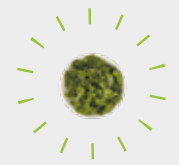




CHERMOULA CHICKEN

with Winter Couscous and Zahtar Dressing



HELLO KALE

Kale was known as peasant's cabbage and the modern word "kale" came from a Scottish name for the plant, kail.



Chicken Fillet



Chermoula Spice Blend



Chicken Stock Powder



Kale



Couscous



Carrot



Soft Dried Apricots



Coriander



Lemon



Mayonnaise



Zahtar Spice



Flaked Almonds

MEAL BAG

15 mins

1.5 of your 5 a day

Little heat

Rapid recipe

A zesty blend of spices, garlic, and fresh herbs, chermoula is a Moroccan spice traditionally used to season fish and meat. In this 15-minute recipe, Chef Jesse has marinated the chicken in a delicious chermoula marinade and served it with a warming winter couscous salad packed with dried apricots, kale and coriander. Top with a good spoonful of homemade zahtar dressing for the final touch and you're good to go.

GET PREPARED!

Preheat the grill to High.

16

BEFORE YOU START

🔥 **Preheat** the grill to **High**. 🧼 **Wash** the veggies. 🍴 **Make** sure you've got a **Mixing Bowl**, **Baking Tray**, **Measuring Jug**, **Large Saucepan** (with a **Lid**) and **Peeler**. Let's start cooking the **Chermoula Chicken with Winter Couscous and Zahtar Dressing**.



1 MARINATE THE CHICKEN

- Fill and boil your kettle for the couscous.
- Pop the **chicken** and **chermoula spice blend** in a mixing bowl along with a pinch of **salt** and **pepper**.
- Add a drizzle of **oil** and mix well to coat the **chicken** evenly then tip the contents onto a baking tray. **! IMPORTANT:** Remember to wash your hands and equipment after handling raw meat!



4 GET PREPPED

- Meanwhile, trim the **carrot** (no need to peel). Use a vegetable peeler to peel long ribbons from the length of the **carrot**.
- Roughly chop the **dried apricots**.
- Roughly chop the **coriander** (stalks and all).
- Cut the **lemon** into quarters.



2 GRILL THE CHICKEN

- Pop the tray under the grill.
- Grill the **chicken** until cooked through and golden, turning halfway through cooking, 15-18 mins.
- ! IMPORTANT:** The chicken is cooked when it is no longer pink in the middle!



5 MAKE THE DRESSING

- Pop the **mayonnaise**, **olive oil** (see ingredients for amount) and **zahtar spice** into a small bowl.
- Add the **juice** from a quarter of the **lemon** and season with a good pinch of **salt** and **pepper**. Mix well.



3 COOK THE COUSCOUS

- When your kettle has boiled, pop the **water** (see ingredients for amount) into a large saucepan and bring back to the boil.
- Stir in the **stock powder**.
- Stir in the **kale**. Bubble for 30 seconds.
- Stir in the **couscous**, pop a lid on the pan and remove from the heat. Leave to the side for 8-10 mins or until ready to serve.



6 FINISH UP!

- Once ready, add the **carrot ribbons**, **dried apricot**, **flaked almonds** and **half** the **coriander** to the **couscous**. Mix well. Season to taste with **salt**, **pepper** and **lemon juice**.
- Serve the **couscous** on plates with the **grilled chicken** on top. Generously spoon over the **zahtar dressing**, the remaining **coriander** and dig in! **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Chicken Fillet *	2	3	4
Chermoula Spice Blend	1 small pot	¾ large pot	1 large pot
Water*	300ml	450ml	600ml
Chicken Stock Powder	½ sachet	¾ sachet	1 sachet
Kale *	1 small bag	¾ large bag	1 large bag
Couscous 13)	150g	225g	300g
Carrot *	1	1½	2
Soft Dried Apricots 14)	1 bag	1½ bags	2 bags
Coriander *	1 bunch	1 bunch	1 bunch
Lemon *	1	1½	2
Mayonnaise 8) 9) *	1 sachet	1½ sachets	2 sachets
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Zahtar Spice 3)	1 small pot	¾ large pot	1 large pot
Flaked Almonds 2)	1 small bag	1 large bag	2 small bags

*Not Included

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 462G	PER 100G
Energy (kcal)	802	174
(kJ)	3356	726
Fat (g)	29	6
Sat. Fat (g)	4	1
Carbohydrate (g)	77	17
Sugars (g)	19	4
Protein (g)	55	12
Salt (g)	1.26	0.27

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

2) Nut 3) Sesame 8) Egg 9) Mustard 13) Gluten 14) Sulphites

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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