



Middle Eastern Style Chicken Stew

with Couscous, Roasted Carrots and Dill Yoghurt

Rapid 20 Minutes • Mild Spice • 2 of your 5 a day

16



Carrot



Ground Cumin



Chicken Stock Paste



Couscous



Diced Chicken Breast



Prunes



Dill



Garlic Clove



Tomato Puree



Harissa Paste



Low Fat Natural Yoghurt



King Prawns

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, saucepan, lid, frying pan, garlic press and bowl.

Ingredients

| | 2P | 3P | 4P |
|------------------------------|----------|------------|-----------|
| Carrot** | 2 | 3 | 4 |
| Ground Cumin | 1 sachet | 1 sachet | 2 sachets |
| Water for the Couscous* | 240ml | 360ml | 480ml |
| Chicken Stock Paste | 15g | 20g | 30g |
| Couscous 13) | 120g | 180g | 240g |
| Diced Chicken Breast** | 280g | 420g | 560g |
| Prunes | 40g | 60g | 80g |
| Dill** | 1 bunch | 1 bunch | 1 bunch |
| Garlic Clove** | 1 | 2 | 2 |
| Tomato Puree | 1 sachet | 1½ sachets | 2 sachets |
| Harissa Paste | 1 sachet | 1½ sachets | 2 sachets |
| Water for the Sauce* | 100ml | 150ml | 200ml |
| Low Fat Natural Yoghurt** 7) | 75g | 120g | 150g |
| King Prawns** 5) | 150g | 225g | 340g |

*Not Included **Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 413g | 100g |
| Energy (kJ/kcal) | 2326 /556 | 564 /135 |
| Fat (g) | 13 | 3 |
| Sat. Fat (g) | 2 | 1 |
| Carbohydrate (g) | 61 | 15 |
| Sugars (g) | 17 | 4 |
| Protein (g) | 47 | 11 |
| Salt (g) | 2.20 | 0.53 |

Custom Recipe Per serving Per 100g

| | | |
|-------------------------|-----------|----------|
| for uncooked ingredient | 488g | 100g |
| Energy (kJ/kcal) | 2545 /608 | 522 /125 |
| Fat (g) | 14 | 3 |
| Sat. Fat (g) | 2 | 1 |
| Carbohydrate (g) | 61 | 12 |
| Sugars (g) | 17 | 4 |
| Protein (g) | 59 | 12 |
| Salt (g) | 3.10 | 0.64 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans 7) Milk 13) Cereals containing Gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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Roast your Carrots

- Preheat your oven to 220°C.
- Trim the **carrot**, then slice into 1cm thick rounds (no need to peel).
- Pop the **carrots** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then scatter over the **cumin**. Toss to coat then spread out in a single layer.
- When the oven is hot, roast on the top shelf until soft and golden, 15-16 mins. Turn halfway through.



Add the Flavours

- Stir the **garlic**, **tomato puree** and **harissa paste** into the **chicken**. Cook for 1 min more.
- Add the **water for the sauce** (see ingredients for amount), **prunes** and remaining **chicken stock paste**. Stir together and bring to a gentle simmer.
- Cook until the **sauce** has thickened and the **chicken** is cooked through, 6-8 mins. **TIP:** Add a splash of water if it's too thick. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

CUSTOM RECIPE

If you've chosen to add **prawns** to your meal, halfway through the simmering time, stir in the **prawns** and cook for the remaining 3-4 mins. **IMPORTANT:** Wash your hands and equipment after handling raw prawns. The prawns are cooked when pink on the outside and opaque in the middle.



Cook the Couscous

- While the **carrots** roast, pour the **water for the couscous** (see ingredients for amount) and **half the chicken stock paste** into a saucepan and bring to the boil.
- When boiling, remove from the heat, stir in the **couscous** and pop a lid on the pan.
- Leave to the side for 8-10 mins or until ready to serve.



Dill Yoghurt Time

- While the **stew** simmers, mix the **yoghurt** with **half the dill** in a small bowl. Season with **salt** and **pepper**.
- Carefully fluff up the **couscous** with a fork, then stir through the remaining **dill** and season to taste.



Fry the Chicken

- Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. When hot, add the **chicken** and season with **salt** and **pepper**. Cook until browned all over, 5-6 mins. Turn occasionally. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.
- Meanwhile, roughly chop the **prunes**. Roughly chop the **dill** (stalks and all).
- Peel and grate the **garlic** (or use a garlic press).



Serve

- When everything is ready, taste the **stew** and season with **salt** and **pepper** if needed.
- Divide the **couscous** between your bowls and spoon over the **chicken stew**.
- Top with the **roasted carrots** and a spoonful of the **dill yoghurt**.

Enjoy!