



Middle Eastern Chicken with wilted spinach lentils and couscous

Quick Cook 20 – 25 mins • Spicy

15



Diced Chicken Breast



Baby Spinach



Harissa Paste



Stock



Tomato Paste



Onion



Lentils



Couscous



Yoghurt



Honey

Pantry Items: Oil, Salt, Pepper, Sugar, Water, Butter



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Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Pan with lid, sieve

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Baby Spinach	60 g	120 g
Harissa Paste	1 sachet	2 sachets
Stock	2 sachets	4 sachets
Tomato Paste	1 tin	2 tins
Onion	½ unit	1 unit
Lentils	1 pack	2 packs
Couscous	100 g	250 g
Yoghurt	75 g	150 g
Honey	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	539 g	100 g
Energy (kJ/kcal)	2728 kJ/ 652 kcal	506.1 kJ/ 121 kcal
Fat (g)	10.5 g	1.9 g
Sat. Fat (g)	2.7 g	0.5 g
Carbohydrate (g)	75.5 g	14 g
Sugars (g)	31.5 g	5.8 g
Protein (g)	57.3 g	10.6 g
Salt (g)	3.9 g	0.7 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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.

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Prep Your Veg

- Halve and peel the **onion**. Chop **half** into small pieces (double for 4p).
- Roughly chop the **spinach**.
- Drain and rinse the **lentils** in a sieve.



Make the Couscous

- Dilute the **half** the **stock** with 200ml boiling **water** (500ml for 4p).
- Add the **couscous** to a bowl.
- Pour in the **stock**, cover tightly with a plate or cling film and leave aside for 10 mins or until ready to serve.



Fry the Onion

- Meanwhile, place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the chopped **onion** until softened, stirring occasionally, 3-4 mins.



Cook the Chicken

- Add the **chicken** to the pan. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.
- Season with **salt** and **pepper** then fry until golden brown on the outside, 3-4 mins.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging used to keep it fresh. It will still taste delicious once cooked!



Add Some Spice

- Add **tomato paste**, remaining **stock**, **lentils** and 200ml **water** (double for 4p).
- Season with **salt** and **pepper**.
- Cover and simmer until thickened, 8-10 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Stir in **harissa paste**, **honey**, **spinach** and a knob of **butter**. Mix until the **spinach** is wilted, 1-2 mins.
- Season to taste with **salt**, **pepper** and **sugar**.

TIP: Add a splash of water if you feel it's too thick.



Finish and Serve

- Divide the **couscous** between bowls.
- Top with the **chicken** and **lentils**.
- Finish with a drizzle of **yoghurt**.

Enjoy!