



Smart Moroccan Braised Chicken

with Roasted Pepper-Spinach Couscous

Carb Smart

Calorie Smart

Quick

25 Minutes



Ground Chicken



Couscous



Aromatics Blend



Sweet Bell Pepper



Baby Spinach



Parsley



Tomato Sauce Base



Chicken Stock Powder



Fig Spread



Moroccan Spice Blend

HELLO FIG SPREAD

This sweet condiment is punctuated with crunchy fig seeds!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Baking sheet, measuring spoons, medium pot, measuring cups, large pot

Ingredients

	2 Person	4 Person
Ground Chicken ♦	250 g	500 g
Couscous	¼ cup	½ cup
Aromatics Blend	113 g	227 g
Sweet Bell Pepper	160 g	320 g
Baby Spinach	113 g	227 g
Parsley	7 g	14 g
Tomato Sauce Base	2 tbsp	4 tbsp
Chicken Stock Powder	1 tbsp	2 tbsp
Fig Spread	2 tbsp	4 tbsp
Moroccan Spice Blend	1 tbsp	2 tbsp
Butter*	½ tbsp	1 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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1 Prep and roast peppers

- Core, then cut **pepper** into ½-inch pieces.
- Add **peppers, half the Moroccan Spice Blend** and ½ **tbsp** (1 tbsp) **oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Roast in the **bottom** of the oven, stirring halfway through, until tender and lightly charred, 10-12 min.



4 Cook chicken

- Heat a large pot over medium-high heat.
- When hot, add ½ **tbsp** (1 tbsp) **oil**, **aromatics blend**, **chicken** and **remaining Moroccan Spice Blend**. Cook, breaking up **chicken** into smaller pieces, until no pink remains, 4-5 min.**
- Add **tomato sauce base**, **fig spread**, **remaining stock powder** and ¾ **cup** (1 ½ cups) **water**. Cook, stirring occasionally until **sauce** thickens slightly, 2-3 min.



2 Finish prep

- Roughly chop **spinach**.
- Roughly chop **parsley**.



5 Finish and serve

- Fluff **couscous** with fork. Stir in **peppers**, **spinach** and **half the parsley**.
- Divide **couscous** between plates.
- Top **couscous** with **chicken mixture**. Sprinkle **remaining parsley** over top.



3 Cook couscous

- Add **half the stock powder**, ½ **cup** (1 cup) **water** and ½ **tbsp** (1 tbsp) **butter** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, remove from heat, then add **half the couscous** (use all for 4 ppl). Stir to combine.
- Cover and let stand.

Dinner Solved!