



Moroccan Orange and Olive Chicken

with Couscous Salad

Quick

30 Minutes



Chicken Breasts



Navel Orange



Mixed Olives



Couscous



Moroccan
Spice Blend



Parsley



Red Onion



Pepitas



White Wine Vinegar



Carrot, julienned

HELLO MIDDLE EASTERN SPICE BLEND

Our spice blend is a robust blend of dried mint, paprika, cinnamon, garlic, cumin, and cloves

Start here

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

Bust Out

Baking sheet, medium bowl, measuring spoons, medium pot, large bowl, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Navel Orange	1	2
Mixed Olives	30 g	60 g
Couscous	½ cup	1 cup
Moroccan Spice Blend	1 tbsp	2 tbsp
Parsley	7 g	14 g
Red Onion	56 g	113 g
Pepitas	28 g	56 g
White Wine Vinegar	1 tbsp	2 tbsp
Carrot, julienned	56 g	113 g
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ 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 our meal kit labels for the most current allergen information.

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

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Prep

Peel, then cut **half the red onion** into ¼-inch pieces (whole onion for 4 ppl). Roughly chop **parsley**. Roughly chop **olives**. Pat **chicken** dry with paper towels. Combine **chicken, Moroccan Spice Blend** and **½ tbsp oil** (dbl for 4 ppl) in a medium bowl. Season with **salt and pepper**. Toss to coat. Set aside.



Cook chicken

Heat the same pan over medium-high. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Sear, until golden-brown, 1-2 min per side. Transfer **chicken** to a baking sheet. Roast in the **middle** of the oven, until **chicken** is cooked through, 10-12 min. **



Cook couscous

Heat a medium pot over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **half the onions**. Cook, stirring occasionally, until slightly softened, 2-3 min. Add **couscous**. Toast, stirring occasionally, until fragrant, 1-2 min. Add **¾ cup hot water** (dbl for 4 ppl) and stir to combine. Remove pot from heat, then cover and let stand until **couscous** is tender and **liquid** is absorbed, 5-6 min.



Finish prep

While **chicken** cooks, peel the **orange**, then separate into segments. Cut **each segment** in half lengthwise. Whisk together **vinegar, ½ tsp sugar** and **2 tbsp oil** (dbl both for 4 ppl) in a large bowl. Add **orange segments** and **remaining onions**. Season with **salt and pepper**, then toss to coat.



Toast pepitas

While **couscous** cooks, heat a large non-stick pan over medium heat. When hot, add **pepitas** to the dry pan. Toast, stirring occasionally, until golden-brown, 2-3 min. (TIP: Keep your eye on them so they don't burn!) Transfer to a plate and set aside.



Finish and serve

Slice the **chicken**. Fluff **couscous** with a fork. Season with **salt and pepper**. Stir in **pepitas, carrots, olives** and **half the parsley**. Divide **couscous** between plates. Top with **chicken**. Spoon **oranges** and **dressing** over top. Sprinkle with **remaining parsley**.

Dinner Solved!