



Moroccan-Style Orange and Olive Chicken

with Couscous Salad

30 Minutes



Chicken Breasts



Chicken Thighs



Navel Orange



Mixed Olives



Couscous



Moroccan Spice Blend



Parsley



Red Onion, chopped



Pepitas



White Wine Vinegar



Carrot, julienned



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!

HELLO MOROCCAN SPICE BLEND

This mix of North African-influenced spices is warm and aromatic!

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
Chicken Thighs	4	8
Navel Orange	2	4
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, chopped	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.

Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



1 Prep

Roughly chop **parsley**. Drain, then roughly chop **olives**. Pat **chicken** dry with paper towels. Add **chicken, Moroccan Spice Blend** and **½ tbsp oil** (dbl for 4 ppl) to a medium bowl. Season with **salt** and **pepper**, then toss to coat. Set aside.

CUSTOM RECIPE

If you've opted to get **chicken thighs**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken breasts**.



4 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.**



2 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), then stir to combine. Remove pot from heat, then cover and let stand until **couscous** is tender and **liquid** is absorbed, 5-6 min.



5 Finish prep

While **chicken** roasts, peel **oranges**, 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.



3 Toast pepitas

While **couscous** re-hydrates, 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.



6 Finish and serve

Slice **chicken**. Fluff **couscous** with a fork, then 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!