

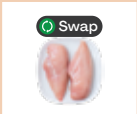


Moroccan-Style Chicken Bowls

with Fig Sauce and Couscous Salad

Super Quick

15 Minutes



Chicken Breast
2 | 4

Customized Protein

+ Add

Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



Chicken Breast Tenders
340 g | 680 g



Couscous
½ cup | 1 cup



Chicken Stock Powder
1 tbsp | 2 tbsp



Carrot, julienned
56 g | 113 g



Baby Spinach
28 g | 56 g



Dried Cranberries
¼ cup | ½ cup



Fig Spread
2 tbsp | 4 tbsp



Moroccan Spice Blend
1 tbsp | 2 tbsp

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.

Pantry items | Unsalted butter, oil, salt, pepper

Cooking utensils | Measuring spoons, medium pot, measuring cups, large non-stick pan, paper towels

1



Make couscous

• Before starting, wash and dry all produce.

- Add **half the stock powder**, **1/8 tsp** (1/4 tsp) **salt**, **2/3 cup** (1 1/3 cups) **water** and **1 tbsp** (2 tbsp) **butter** to a medium pot. Cover and bring to a boil over high heat.
- Meanwhile, roughly chop **spinach**.
- Once **stock mixture** is boiling, remove from heat, then add **couscous**. Stir to combine.
- Add **carrots** and **dried cranberries** on top of **couscous**, then cover and let stand for 5 min.
- When **couscous** is tender, fluff with a fork, then stir to combine.

4



Finish and serve

- Stir **spinach** into **couscous**.
- Divide **couscous** and **chicken** between plates.
- Spoon **any remaining sauce** in the pan over **chicken**.

2



Prep and cook chicken

🔄 Swap | **Chicken Breast**

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **chicken** dry with paper towels. Season with **salt**, **pepper** and **Moroccan Spice Blend**.
- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken tenders**.
- Sear until **tenders** are golden-brown and cooked through, 3-4 min per side.**

3



Glaze chicken

- Add **fig spread**, **2 tbsp** (4 tbsp) **water** and **remaining stock powder** to the pan with **chicken**.
- Cook, stirring occasionally, until **fig spread** melts and **sauce** thickens slightly, 1 min.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

2 | Prep and cook chicken breasts

🔄 Swap | **Chicken Breast**

If you've opted to get **chicken breasts**, cut into 1-inch wide strips, then prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken tenders**.

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

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



Issue with your meal? Scan the QR code to share your feedback.