



**HELLO
FRESH**

Sour Cherry Chicken on Jewelled Pearl Couscous

with Roasted Beetroot, Carrot, Wild Rocket and Flaked Almonds

High Protein

Preparation time : 20 min.



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/sour-cherry-chicken-on-jewelled-pearl-couscous-146>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Baking Tray, Medium Saucepan, Bowl, Kettle, Pan, Sieve

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Cooked Beetroot (grams)	250	375	500
Carrot (unit(s))	2	3	4
Middle Eastern Style Spice Mix (grams)	15	15	30
Pearl Couscous (grams)	150	225	300
British Chicken Breasts (unit(s))	2	3	4
Lemon (unit(s))	1	1	2
Wild Rocket (grams)	20	40	40
Sour Cherry Compote (grams)	30	45	60
Toasted Flaked Almonds (grams)	15	25	30
Honey (tbsp)	1	1½	2

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kJ)	2776 kJ
Energy (kcal)	663 kcal
Fat	12.9 g
of which saturates	1.3 g
Carbohydrate	94.1 g
of which sugars	38.9 g
Dietary Fibre	15.1 g
Protein	51.7 g
Salt	1.36 g

Allergens

Mustard, Wheat, Pecan Nuts, May contain traces of allergens, Soya, Pistachio nuts, Macadamia Nuts, Hazelnuts, Brazil nuts, Cereals containing gluten, Almonds, Cashew nuts, Walnuts, Nuts

Always check the product labels for allergen information.



Get Started

- a) Preheat your oven to 240°C/220°C fan/gas mark 9. Boil a full kettle.
- b) Cut each **beetroot** into 2cm chunks. **TIP:** Wear gloves when handling the beetroot to avoid staining your hands.
- c) Trim the **carrots**, then quarter lengthways (no need to peel). Chop widthways into 2cm pieces.
- d) Pop the **carrot** and **beetroot chunks** onto a baking tray. Drizzle with **oil**, sprinkle over **half** the **Middle Eastern style spice mix** and season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.



Boil the Couscous

- a) When the oven is hot, roast the **veg** on the middle shelf until soft, 20-25 mins.
- b) Meanwhile, pour the **boiling water** from your kettle into a medium saucepan. Return to the boil with **½ tsp salt**.
- c) Add the **pearl couscous**, reduce the heat to medium-high and boil until tender with a slight bite, 14-15 mins.
- d) Once cooked, drain in a sieve, pop back in the pan with a drizzle of **oil** and stir through to stop it sticking together.



Get Frying

- a) Meanwhile, heat a drizzle of **oil** in a frying pan on high heat.
- b) Once hot, lay the **chicken** into the pan. Season with **salt** and **pepper**. **TIP:** Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh.
- c) Fry until golden, 3-4 mins, then turn and cook for 1 min more. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



Build the Flavour

- a) Transfer the **chicken** to a baking tray and sprinkle over the **Middle Eastern style spice**.
- b) Roast the **chicken** on the top shelf of your oven until cooked through, 12-15 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



All Together Now

- a) While everything cooks, cut the **lemon** into wedges.
- b) When the **veg** has roasted, drizzle over the **honey** (see pantry for amount) and toss to coat.
- c) Add the **roasted veg**, **pearl couscous**, **rocket** and a good squeeze of **lemon juice** to a large bowl and toss together.
- d) Season with **salt** and **pepper**.



Serve

- a) Cut the **chicken** widthways into 2cm thick slices.
- b) Share the **couscous salad** between your serving bowls. Top with the **sliced chicken**.
- c) Drizzle over the **sour cherry compote** and scatter over the **flaked almonds** to finish.
- d) Serve with any remaining **lemon wedges** for squeezing over.

Enjoy your meal!