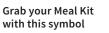


Easy Chimichurri Chicken & Veggie Couscous with Tahini & Garlic Sauce

with this symbol















Parsnip











Chicken Breast

Garlic Dip





Chimichurri Seasoning Roasted Almonds



Prep in: 15-25 mins Ready in: 25-35 mins

Eat Me Early

Sunset roast veggies and chicken seasoned with chimichurri is a colourful combination of flavours. Dollop over a cooling serve of tahini garlic sauce to finish off the dish. At the end of the rainbow is a reward of beautiful veggie couscous topped with mouth-watering chicken.

Pantry items Olive Oil

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper \cdot Medium saucepan with a lid \cdot Large frying pan

Ingredients

9. 00000				
	2 People	4 People		
olive oil*	refer to method	refer to method		
beetroot	1	2		
carrot	1	2		
parsnip	1	2		
water*	¾ cup	1½ cups		
chicken-style stock powder	1 medium sachet	1 large sachet		
couscous	1 packet	1 packet		
tahini	1 packet (50g)	1 packet (100g)		
garlic dip	1 medium packet	1 large packet		
chicken breast	1 packet	1 packet		
chimichurri seasoning	1 sachet	2 sachets		
roasted almonds	1 packet	2 packets		
mild chorizo**	1 packet	2 packets		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3174kJ (759Cal)	627kJ (150Cal)
Protein (g)	47g	9.3g
Fat, total (g)	34.7g	6.9g
- saturated (g)	4.2g	0.8g
Carbohydrate (g)	63.2g	12.5g
- sugars (g)	18.7g	3.7g
Sodium (mg)	1434mg	283mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4454kJ (1065Cal)	735kJ (176Cal)
Protein (g)	65.1g	10.7g
Fat, total (g)	60g	9.9g
- saturated (g)	13.9g	2.3g
Carbohydrate (g)	65.2g	10.8g
- sugars (g)	18.7g	3.1g
Sodium (mg)	2324mg	383mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit **hellofresh.co.nz/foodinfo** for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW24





Roast the veggies

- Preheat oven to 240°C/220°C fan-forced.
- Cut **beetroot**, **carrot** and **parsnip** into small chunks.
- Place veggies on a lined oven tray. Drizzle with olive oil and season with salt and pepper. Toss to coat, spread out evenly, then roast until tender, 25-30 minutes.

Custom Recipe: If you've added mild chorizo to your meal, cut chorizo into 1cm chunks. When the veggies have 15 minutes remaining, add the chorizo to the veggie tray and roast until lightly browned and cooked through, 10-15 minutes.



Cook the chicken

- Cut chicken breast into 2cm-thick strips.
- In a medium bowl, combine chimichurri seasoning and a drizzle of olive oil. Add chicken, season with salt and pepper and toss to coat.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat.
 When oil is hot, cook chicken, turning, until browned and cooked through,
 3-4 minutes.

TIP: Chicken is cooked through when it's no longer pink inside.



Make the couscous

- Meanwhile, add the **water** and **chicken-style stock powder** to a medium saucepan, then bring to the boil.
- Add couscous and a drizzle of olive oil, then stir to combine, cover with a lid
 and remove from heat. Set aside until all the water is absorbed, 5 minutes.
 Fluff up with a fork.
- In a small bowl, combine tahini and garlic dip.



Serve up

- Add roasted veggies to the couscous and stir to combine.
- Divide roast veggie couscous between plates. Top with chimichurri chicken strips.
- Drizzle over tahini-garlic sauce and top with roasted almonds to serve.
 Enjoy!

Custom Recipe: Add roasted veggies and chorizo to the couscous and stir to combine. Continue with step.

