

# Easy Chimichurri Chicken & Veggie Couscous

with Tahini & Garlic Sauce

Grab your Meal Kit with this symbol



Beetroot



Carrot



Parsnip



Chicken-Style Stock Powder



Couscous



Tahini



Garlic Dip



Chicken Breast



Chimichurri Seasoning



Roasted Almonds



Mild Chorizo

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.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### 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 · Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
beetroot	1	2
carrot	1	2
parsnip	1	2
<b>water*</b>	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](https://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

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## 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.

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## 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.

2



## 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**.

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## 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.

## Rate your recipe

Did we make your tastebuds happy?

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