



Plum-Glazed Chicken & Roast Veggie Couscous with Almonds

XMAS IN JULY

Grab your Meal Kit with this symbol



Carrot



Beetroot



Aussie Spice Blend



Flaked Almonds



Israeli Couscous



Lemon



Chicken Breast



Herb & Mushroom Seasoning



Plum Sauce



Rocket Leaves



Chicken Breast

Prep in: 30-40 mins
Ready in: 30-40 mins



Calorie Smart*
*Custom Recipe is not Calorie Smart



Eat Me Early

We're ready to pitch a dinner that will knock your socks off. Starting off, there's a plum glaze, the real hero of the story that makes us fall madly in love with seared chicken. Let's not forget the standout duo of pearl couscous and roast veggies, everyone knows them. It's a five-star rating dinner that everybody will be hooked on. It's like Christmas came early!

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

Pantry items

Olive Oil, Balsamic Vinegar

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 · Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
beetroot	1	2
Aussie spice blend	1 sachet	1 sachet
flaked almonds	1 packet	2 packets
Israeli couscous	1 packet	2 packets
lemon	½	1
chicken breast	1 packet	1 packet
herb & mushroom seasoning	1 sachet	2 sachets
plum sauce	1 medium packet	2 medium packets
balsamic vinegar*	½ tbs	1 tbs
rocket leaves	1 small bag	1 medium bag
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2408kJ (576Cal)	505kJ (121Cal)
Protein (g)	43.4g	9.1g
Fat, total (g)	14.8g	3.1g
- saturated (g)	2.7g	0.6g
Carbohydrate (g)	63.4g	13.3g
- sugars (g)	25g	5.2g
Sodium (mg)	1224mg	257mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3168kJ (757Cal)	497kJ (119Cal)
Protein (g)	75.9g	11.9g
Fat, total (g)	20.4g	3.2g
- saturated (g)	4.4g	0.7g
Carbohydrate (g)	63.4g	10g
- sugars (g)	25g	3.9g
Sodium (mg)	1322mg	208mg

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 | CW27



1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle.
- Cut **carrot** into bite-sized chunks. Cut **beetroot** into small chunks.
- Place **veggies** on a lined oven tray. Sprinkle over **Aussie spice blend**, drizzle with **olive oil** and toss to coat.
- Spread out evenly and roast until tender, **20-25 minutes**.
- In the last **5 minutes**, add **flaked almonds** to the side of the tray.

4



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken** until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded).
- Remove pan from heat, then add **plum sauce** and the **balsamic vinegar**, turning **chicken** to coat.

TIP: The chicken is cooked when it's no longer pink inside.

Custom Recipe: Cook chicken in batches for the best result. Return all chicken to the pan, then add the plum sauce and balsamic vinegar.

2



Cook the couscous

- Meanwhile, heat a large saucepan over medium-high heat with a drizzle of **olive oil**. Toast **Israeli couscous**, stirring occasionally, until golden, **1-2 minutes**.
- Half-fill saucepan with boiling water, then add a pinch of **salt**. Bring to the boil, then simmer, uncovered, until tender, **10-12 minutes**.
- Drain and return to the pan with a pinch of **salt** and a drizzle of **olive oil**.

5



Bring it all together

- To the saucepan of **couscous**, add **roasted veggies, rocket leaves**, a generous squeeze of **lemon juice** and a drizzle of **olive oil**. Season with **salt** and **pepper**.

3



Get prepped

- Slice **lemon** into wedges. Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **chicken, herb & mushroom seasoning**, a pinch of **salt** and a drizzle of **olive oil**.

Custom Recipe: If you've doubled your chicken breast, prep and season as above.

6



Serve up

- Slice chicken steaks.
- Divide roast veggie couscous between bowls. Top with plum-glazed chicken. Spoon over any remaining glaze from the pan.
- Garnish with toasted almonds and serve with remaining lemon wedges. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate