



Cherry-Glazed Chicken & Winter Veggie Couscous with Roasted Almonds

NEW

Grab your Meal Kit with this symbol



White Turnip



Carrot



Beetroot



Aussie Spice Blend



Israeli Couscous



Chicken Breast



Herb & Mushroom Seasoning



Cherry Sauce



Roasted Almonds



Lemon



Beef Rump

Prep in: 20-30 mins
Ready in: 30-40 mins



Calorie Smart



Eat Me Early

Let this cherry red glaze get you into a cheerful spirit while it coats tender chicken breast and accompanies a filling bed of Israeli couscous. And all tossed with warm roasted veggies to bring further richness to the dish, you'll be singing songs of delight after every bite.

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 · Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
white turnip	1	2
carrot	1	2
beetroot	1	2
Aussie spice blend	1 medium sachet	1 large sachet
Israeli couscous	1 packet	2 packets
chicken breast	1 packet	1 packet
herb & mushroom seasoning	1 sachet	2 sachets
cherry sauce	1 packet	1 packet
roasted almonds	1 packet	2 packets
lemon	½	1
beef rump**	1 packet	1 packet (or 2 packets)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2514kJ (601Cal)	483kJ (115Cal)
Protein (g)	45.9g	8.8g
Fat, total (g)	14.4g	2.8g
- saturated (g)	2.3g	0.4g
Carbohydrate (g)	66.7g	12.8g
- sugars (g)	27.6g	5.3g
Sodium (mg)	1147mg	220mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2638kJ (630Cal)	516kJ (123Cal)
Protein (g)	46g	9g
Fat, total (g)	17.9g	3.5g
- saturated (g)	5.9g	1.2g
Carbohydrate (g)	66.7g	13.1g
- sugars (g)	27.6g	5.4g
Sodium (mg)	1121mg	219mg

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 | CW29



1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle.
- Cut **white turnip** and **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.
- Roast until tender and brown around edges, **20-25 minutes**.

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, add **cherry sauce** and a splash of **water**. Turn **chicken** to coat.

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

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook beef, turning, for 5-6 minutes (depending on thickness), or until cooked to your liking. Remove from heat and add the sauce. Turn to coat. Transfer to a plate to rest.

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 the 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

- Meanwhile, roughly chop **roasted almonds**. Slice **lemon** into wedges.
- To the saucepan with **couscous**, add **roasted veggies**, a generous squeeze of **lemon juice** and a drizzle of **olive oil**. Season with **salt** and **pepper**.

3



Prep the chicken

- While the couscous is cooking, place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **herb & mushroom seasoning**, a pinch of **salt** and a drizzle of **olive oil**. Add **chicken** and toss to coat.

Custom Recipe: If you swapped chicken to beef, place beef rump between two sheets of baking paper. Pound beef with a meat mallet or rolling pin until slightly flattened. Season beef in the same way as above.

6



Serve up

- Slice the chicken.
- Divide winter veggie couscous between plates. Top with cherry-glazed chicken. Spoon over any remaining glaze.
- Garnish with roasted almonds and serve with any remaining lemon wedges. Enjoy!

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