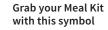


One-Pot Italian Chicken, Green Bean & Couscous Stew

with Parmesan Cheese

KID FRIENDLY

















Tinned Cherry







Pulled Chicken



Aussie Spice

Chicken-Style Stock Powder





Israeli Couscous

Baby Spinach Leaves



Grated Parmesan Cheese



Recipe Update Unfortunately, this week's silverbeet and risoni were in short supply, so we've replaced them with baby spinach and couscous. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!



If you're tossing up between having rice or pasta for dinner, may we offer you the perfect solution - couscous! Stir this couscous through herby chicken and green beans in a saucy stew and it's a guarantee everyone at the table will have smiles on their faces.



Olive Oil, Brown Sugar, Butter

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

Large saucepan

Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
celery	1 stalk	2 stalks	
onion	1 (medium)	1 (large)	
garlic	2 cloves	4 cloves	
green beans	1 bag (100g)	1 bag (200g)	
tinned cherry tomatoes	1 tin	2 tins	
Aussie spice blend	1 sachet	1 sachet	
pulled chicken	1 packet	1 packet	
chicken-style stock powder	1 medium sachet	1 large sachet	
water*	21/4 cups	4½ cups	
Israeli couscous	1 packet	2 packets	
baby spinach leaves	1 medium bag	1 large bag	
brown sugar*	1 tsp	2 tsp	
butter*	20g	40g	
grated Parmesan cheese	1 medium packet	1 large packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2192kJ (523Cal)	386kJ (92Cal)
Protein (g)	38g	6.7g
Fat, total (g)	15.7g	2.8g
- saturated (g)	8.8g	1.6g
Carbohydrate (g)	52.8g	9.3g
- sugars (g)	12.6g	2.2g
Sodium (mg)	1565mg	276mg

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.



Get prepped

- Finely chop celery, onion and garlic. Trim and halve green beans.
- Drain tinned cherry tomatoes and reserve the passata.

Little cooks: Don your goggles and have a go at peeling off the onion's outer layer!



Start the stew

- In a large saucepan, heat a drizzle of olive oil over medium-high heat. Cook onion, celery and cherry tomatoes until tender, 6-7 minutes. Lightly crush tomatoes with a spoon.
- Add garlic and Aussie spice blend and cook until fragrant, 1 minute.
- Add reserved passata, the pulled chicken, chicken-style stock powder and the water. Bring to the boil.



Cook the couscous

- Add Israeli couscous and cook, stirring occasionally, until 'al dente', 10-12 minutes.
- In the last 3-4 minutes, stir in baby spinach leaves, green beans, the brown sugar and butter, then cook until combined and beans are tender.

TIP: Add a splash of water if the stew looks dry.



Serve up

- Divide one-pot Italian chicken, green bean and couscous stew between bowls.
- Top with grated Parmesan cheese to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling the cheese on top.

