



One-Pot Italian Chicken, Green Bean & Couscous Stew with Parmesan Cheese

KID FRIENDLY

Grab your Meal Kit with this symbol



Celery



Onion



Garlic



Green Beans



Tinned Cherry Tomatoes



Aussie Spice Blend



Pulled Chicken



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!

Prep in: 20-30 mins
Ready in: 35-45 mins

Calorie Smart

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.

Pantry items

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

	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*	2¼ 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.

1



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!

3



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.

2



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.

4



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.

We're here to help!

Scan here if you have any questions or concerns

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