



Quick Crumbed Chicken & Lemony Veggie Couscous

with Garlic Yoghurt & Slivered Almonds

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Peeled Pumpkin Pieces



Slivered Almonds



Garlic



Chicken-Style Stock Powder



Couscous



Aussie Spice Blend



Panko Breadcrumbs



Chicken Breast Strips



Lemon



Baby Spinach Leaves



Garlic Dip



Gemfish Fillets

Prep in: 20-30 mins
Ready in: 25-35 mins

Eat Me First

A golden and crunchy crumb on chicken is the only way to eat chicken. It matches the bright and sunny couscous, tossed with roast veggies and there's a zap of zest in this bowl too. Everything is shining and golden tonight!

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

Pantry items

Olive Oil, Butter, Plain Flour, Egg

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 frying pan · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
peeled pumpkin pieces	1 packet (200g)	1 packet (400g)
slivered almonds	1 packet	2 packets
garlic	2 cloves	4 cloves
butter*	20g	40g
water*	¾ cup	1½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
couscous	1 packet	1 packet
salt*	½ tsp	1 tsp
plain flour*	1 tsp	2 tsp
Aussie spice blend	1 sachet	1 sachet
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
chicken breast strips	1 packet	1 packet
lemon	½	1
baby spinach leaves	1 small bag	1 medium bag
garlic dip	1 medium packet	1 large packet
gemfish fillets**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3847kJ (919Cal)	703kJ (168Cal)
Protein (g)	52.1g	9.5g
Fat, total (g)	44.2g	8.1g
- saturated (g)	7.8g	1.4g
Carbohydrate (g)	75.5g	13.8g
- sugars (g)	10.7g	2g
Sodium (mg)	1610mg	294mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3580kJ (856Cal)	679kJ (162Cal)
Protein (g)	35.3g	6.7g
Fat, total (g)	44.6g	8.5g
- saturated (g)	6.9g	1.3g
Carbohydrate (g)	75.9g	14.4g
- sugars (g)	11.2g	2.1g
Sodium (mg)	1636mg	310mg

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 | CW35



1



Roast the veggies & toast the almonds

- Preheat oven to **240°C/220°C fan-forced**. Slice **carrot** into half-moons.
- Place **carrot** and **peeled pumpkin pieces** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.
- Meanwhile, heat a large frying pan over medium-high heat. Toast **slivered almonds**, tossing, until golden, **3-4 minutes**. Transfer to a plate.

3



Cook the crumbed chicken

- In a shallow bowl, combine the **salt**, **plain flour** and **Aussie spice blend**, then season with **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, add **panko breadcrumbs**.
- Coat **chicken breast strips** first in **flour mixture**, followed by the **egg** and finally the **breadcrumbs**.
- Return the frying pan to medium-high heat with enough **olive oil** to coat the base. When oil is hot, cook **chicken** until golden and cooked through, **3-4 minutes** each side. Transfer to a paper towel-lined plate.

Custom Recipe: Crumb the fish as above. Heat frying pan in the same way as above. When oil is hot, cook crumbed fish in batches until just cooked through, 5-6 minutes each side. Transfer to a paper towel-lined plate.

2



Cook the garlic couscous

- Meanwhile, finely chop **garlic**.
- In a medium saucepan, heat the **butter** over medium-high heat. Cook **garlic** until fragrant, **1 minute**.
- Add the **water** and **chicken-style stock powder** and bring to the boil.
- Add **couscous** and stir to combine. Cover with a lid and remove from the heat. Set aside until water has absorbed, **5 minutes**. Fluff up with a fork.

Custom Recipe: If you've upgraded to gemfish fillets, discard any liquid from packaging. Slice fish in half crossways to get 1 piece per person.

4



Serve up

- Meanwhile, cut **lemon** into wedges. Roughly chop **baby spinach leaves**.
- Add roasted veggies to the couscous, along with baby spinach, a squeeze of lemon juice and a drizzle of olive oil. Stir to combine and season to taste.
- Divide lemony roast veggie couscous between bowls. Top with crumbed chicken strips.
- Garnish with toasted almonds. Serve with **garlic dip** and any remaining lemon wedges. Enjoy!

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