



Garlicky Chicken & Basil Pesto Couscous

with Roasted Veggies & Flaked Almonds

NEW

Grab your Meal Kit with this symbol



Carrot



Courgette



Lemon



Flaked Almonds



Chicken Thigh



Garlic & Herb Seasoning



Couscous



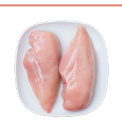
Chicken-Style Stock Powder



Basil Pesto



Baby Spinach Leaves



Chicken Breast

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

Eat Me Early

Have you heard the expression “less is more”, well tonight is all about that with a couscous tossed with roasted veggies for a juicy pop of flavour and garlic herby chicken. Add fresh basil pesto and that’s all you’ll need to create this nourishing dish.

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 frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
courgette	1	2
lemon	½	1
flaked almonds	1 packet	2 packets
chicken thigh	1 small packet	2 small packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
couscous	1 packet	2 packets
chicken-style stock powder	1 medium sachet	1 large sachet
boiling water*	¾ cup	1½ cups
basil pesto	1 packet (50g)	1 packet (100g)
baby spinach leaves	1 small bag	1 medium bag
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2822kJ (674Cal)	563kJ (135Cal)
Protein (g)	40.4g	8.1g
Fat, total (g)	36.8g	7.3g
- saturated (g)	6.9g	1.4g
Carbohydrate (g)	50.4g	10g
- sugars (g)	8.9g	1.8g
Sodium (mg)	1190mg	237mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2735kJ (654Cal)	545kJ (130Cal)
Protein (g)	44.9g	9g
Fat, total (g)	29.3g	5.8g
- saturated (g)	4.6g	0.9g
Carbohydrate (g)	50.4g	10g
- sugars (g)	8.9g	1.8g
Sodium (mg)	1171mg	233mg

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 | CW48



1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **carrot** and **courgette** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat and roast until tender, **20-25 minutes**.

2



Get prepped

- Meanwhile, zest **lemon** to get a pinch, then slice into wedges.
- Heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a small bowl.

Custom Recipe: If you've swapped chicken thigh to chicken breast, place your hand flat on top of chicken breast and slice through horizontally to make two thin steaks.

3



Cook the chicken

- Return pan to medium-high heat with a drizzle of **olive oil**. Cook **chicken thigh** and **garlic & herb seasoning**, turning occasionally, until browned and cooked through, **14-16 minutes**.

TIP: Chicken is cooked through when it's no longer pink inside.

Custom Recipe: Heat the pan as above. Cook chicken and garlic & herb seasoning until cooked through, 3-5 minutes each side.

4



Cook the couscous

- Boil the kettle. Place **couscous** and **chicken-style stock powder** in a large heatproof bowl.
- Add the **boiling water** (¾ cup for 2 people / 1½ cups for 4 people) and stir to combine.
- Immediately cover with a plate and leave for **5 minutes**. Fluff up with a fork, then stir through **basil pesto** and set aside.

5



Bring it all together

- Add **roasted veggies** to the **couscous**, along with **baby spinach leaves**, **lemon zest** and a squeeze of **lemon juice**. Toss to combine and season to taste.

6



Serve up

- Slice the chicken.
- Divide roast veggie pesto couscous between bowls. Top with garlicky chicken.
- Garnish with toasted almonds to serve. Enjoy!

Rate your recipe

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