



One-Pot Chicken & Israeli Couscous Bowl

with Parmesan Cheese

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Diced Chicken



Soffritto Mix



Tomato Paste



Israeli Couscous



Garlic & Herb Seasoning



Chicken-Style Stock Powder



Baby Spinach Leaves



Grated Parmesan Cheese



Diced Chicken

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

Calorie Smart*
**Custom Recipe is not Calorie Smart*

Eat Me Early

An Israeli couscous bowl is something that can be upgraded in a second with the addition of herby chicken. Bring in a twist with a saucy veggie delight stirred through the couscous. You can never go wrong with a tomato, veggie and chicken couscous, it's just too good.

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

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 (or pot) with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
diced chicken	1 packet	1 packet
soffritto mix	1 packet (150g)	1 packet (300g)
tomato paste	1 packet	2 packets
Israeli couscous	1 packet	2 packets
garlic & herb seasoning	1 medium sachet	1 large sachet
chicken-style stock powder	1 medium sachet	1 large sachet
brown sugar*	1 tsp	2 tsp
water*	1¼ cups	2½ cups
baby spinach leaves	1 small bag	1 medium bag
butter*	30g	60g
grated Parmesan cheese	1 medium packet	1 large packet
diced chicken**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2437kJ (582Cal)	674kJ (161Cal)
Protein (g)	45.5g	12.6g
Fat, total (g)	22.5g	6.2g
- saturated (g)	12.1g	3.3g
Carbohydrate (g)	47.5g	13.1g
- sugars (g)	10.8g	3g
Sodium (mg)	1343mg	371mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3182kJ (761Cal)	610kJ (146Cal)
Protein (g)	78.7g	15.1g
Fat, total (g)	27.8g	6.7g
- saturated (g)	13.6g	2.6g
Carbohydrate (g)	48.3g	9.3g
- sugars (g)	10.9g	2.1g
Sodium (mg)	1442mg	277mg

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 | CW49

1



Cook the chicken

- Finely chop **garlic**.
- Heat a large saucepan over high heat with a drizzle of **olive oil**. When oil is hot, cook **diced chicken**, tossing occasionally, until browned and cooked through, **4-5 minutes**.
- Transfer to a bowl, then season with **salt** and **pepper**.

Custom Recipe: If you've doubled your diced chicken, cook in batches for best results!

3



Add the Israeli couscous

- Add **Israeli couscous**, **garlic & herb seasoning**, **chicken-style stock powder**, the **brown sugar** and the **water**. Bring to the boil, then reduce heat to low.
- Cover pan with a lid and simmer, stirring occasionally, until couscous is tender and water has absorbed, **12-15 minutes**.
- Add **chicken**, **baby spinach leaves** and the **butter** and stir to combine.

2



Cook the veggies

- Return the saucepan to medium-high heat with a drizzle of **olive oil**. Cook **soffritto mix** until softened, **2-3 minutes**.
- Add **garlic** and **tomato paste** and cook until fragrant, **1 minute**.

4



Serve up

- Divide Israeli couscous and chicken between bowls.
- Sprinkle over **grated Parmesan cheese** to serve. Enjoy!

Rate your recipe

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