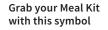


One-Pot Chicken & Israeli Couscous Bowl

with Parmesan Cheese

CLIMATE SUPERSTAR













Soffritto Mix





Israeli Couscous







Chicken-Style



Stock Powder





Grated Parmesan Cheese





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

Eat Me Early



This dish is a delectable pot of chicken and veggies. You can find the blend of soffritto mix and golden couscous sitting beneath a rainbow of veggies and succulent chicken, keeping warm and smelling amazing. Tonight though, the end of the rainbow is at your dinner table. We swear it will appear there like magic!

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 with a lid

Ingredients

	2 People	4 People		
olive oil*	refer to method	refer to method		
garlic	2 cloves	4 cloves		
chicken breast	1 small packet	2 small packets OR 1 large		
soffritto mix	1 packet (150g)	1 packet (300g)		
tinned tomatoes	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		
salad leaves	1 small bag	1 medium bag		
butter*	30g	60g		
grated Parmesan cheese	1 medium packet	1 large packet		
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)	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	5.3g
- 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





Cook the chicken

- Finely chop garlic. Cut chicken breast into 2cm chunks.
- · Heat a large saucepan over high heat with a drizzle of olive oil. When oil is hot, cook 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!



Start the sauce

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



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 (or foil) and simmer, stirring occasionally, until couscous is tender and water has absorbed, 12-15 minutes.
- Add chicken, salad leaves and the butter and stir to combine.



Serve up

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



Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate