



# One-Pot Chicken & Israeli Couscous Bowl

with Parmesan Cheese

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Chicken Breast



Soffritto Mix



Tinned Tomatoes



Israeli Couscous



Garlic & Herb Seasoning



Chicken-Style Stock Powder



Salad Leaves



Grated Parmesan Cheese



Chicken Breast

### Recipe Update

Due to local availability, the ingredients you receive may be a little different to what's pictured. It'll be just as delicious, just follow your recipe card!

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



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



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!

**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 with a lid

## Ingredients

	2 People	4 People
<b>olive oil*</b>	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
<b>brown sugar*</b>	1 tsp	2 tsp
<b>water*</b>	1¼ cups	2½ cups
salad leaves	1 small bag	1 medium bag
<b>butter*</b>	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](https://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

2024 | CW01



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## 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!

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 (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.

2



## 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**.

4



## Serve up

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

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)