

Garlicky Chicken & Baby Kale Couscous

with Caramelised Onion & Truffle Mayo

Grab your Meal Kit with this symbol



Beetroot



Carrot



Zesty Chilli Salt



Lemon



Onion



Chicken Thigh



Garlic & Herb Seasoning



Couscous



Vegetable Stock Powder



Baby Kale





Italian Truffle Mayonnaise

Recipe Update

Due to local availability, we've replaced some of your ingredients. They may be a little different to what's pictured, but just as delicious!

Prep in: **25-35 mins**
Ready in: **40-50 mins**

 Calorie Smart

 Eat Me Early

We're predicting a flurry of excitement when this delectable creation hits the table! With a topping of caramelised onion and garlicky chicken, it's got flavour to burn, and we've added wholesome roasted veggies and couscous to seal the deal.

Pantry items

Olive Oil, Balsamic Vinegar, 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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
beetroot	1	2
carrot	1	2
zesty chilli salt	pinch	pinch
lemon	½	1
onion	½	1
chicken thigh	1 small packet	2 small packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
balsamic vinegar*	1 tbs	2 tbs
water* (for the onion)	2 tsp	4 tsp
brown sugar*	1 tsp	2 tsp
couscous	1 packet	1 packet
vegetable stock powder	1 medium sachet	1 large sachet
butter*	15g	30g
boiling water*	¾ cup	1½ cups
baby kale	1 small bag	1 medium bag
italian truffle mayonnaise	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2499kJ (597Cal)	526kJ (126Cal)
Protein (g)	37.1g	7.8g
Fat, total (g)	27.8g	5.9g
- saturated (g)	8.8g	1.9g
Carbohydrate (g)	56.1g	11.8g
- sugars (g)	12.5g	2.6g
Sodium (mg)	1264mg	266mg

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.

1



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**. Boil the kettle. Cut **beetroot** into small chunks. Cut **carrot** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender, **25-30 minutes**.
- When the **veggies** are done, remove tray from oven and sprinkle over a pinch of **zesty chilli salt**.

4



Cook the chicken

- Wipe out the frying pan and return to medium-high heat with a drizzle of **olive oil**. Cook **chicken**, turning occasionally, until browned and cooked through, **14-16 minutes**.

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

2



Get prepped

- While the veggies are roasting, zest **lemon** to get a pinch and slice into wedges. Thinly slice **onion** (see ingredients).
- In a medium bowl, combine **chicken thigh**, **garlic & herb seasoning**, a squeeze of **lemon juice** and a drizzle of **olive oil** and season. Set aside.

5



Cook the couscous

- While the chicken is cooking, place the **couscous** in a medium heatproof bowl, sprinkle over **vegetable stock powder**, then add the **butter**.
- 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.
- When the couscous is done, add **baby kale**, **roasted veggies**, **lemon zest** and a squeeze of **lemon juice**. Toss to combine.

3



Caramelize the onion

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **onion**, stirring, until softened, **5-6 minutes**. Reduce the heat to medium.
- Add the **balsamic vinegar**, **water** and **brown sugar** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a bowl.

6



Serve up

- Divide zesty roast veggie and baby kale couscous between bowls. Top with caramelised onion and garlicky chicken.
- Drizzle over **Italian truffle mayonnaise**. Serve with any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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