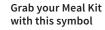


Garlicky Chicken & Baby Kale Couscous with Caramelised Onion & Truffle Mayo

















Zesty Chilli









Garlic & Herb



Couscous

Seasoning





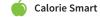
Vegetable Stock





Mayonnaise

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



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.



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 \cdot Large frying pan

Ingredients

| ingi calcino | | | |
|-------------------------------|-----------------|--------------------------------------|--|
| | 2 People | 4 People | |
| olive oil* | refer to method | refer to method | |
| beetroot | 1 | 2 | |
| carrot | 1 | 2 | |
| zesty chilli salt | pinch | pinch | |
| lemon | 1/2 | 1 | |
| onion | 1/2 | 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.



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.



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.



Caramelise 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.



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.



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.



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!



Scan here if you have any questions or concerns

