



Crumbed Chicken & Citrusy Roast Veggie Couscous

with Garlic Yoghurt & Slivered Almonds

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Peeled Pumpkin Pieces



Slivered Almonds



Garlic



Chicken-Style Stock Powder



Couscous



Aussie Spice Blend



Panko Breadcrumbs



Chicken Breast Strips



Lime



Baby Spinach Leaves



Garlic Dip



Chicken Breast Strips

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

Eat Me Early

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

A golden and crunchy crumb on chicken is the only way to eat chicken. It matches the bright and sunny couscous, tossed with roast veggies and there's a zap of zest in this bowl too. Everything is shining and golden tonight!

Pantry items

Olive Oil, Butter, Plain Flour, Egg

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 · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
peeled pumpkin pieces	1 small packet	1 medium packet
slivered almonds	1 packet	2 packets
garlic	2 cloves	4 cloves
butter*	20g	40g
water*	¾ cup	1½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
salt*	½ tsp	1 tsp
plain flour*	1 tsp	2 tsp
Aussie spice blend	1 medium sachet	1 large sachet
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
chicken breast strips	1 medium packet	2 medium packets OR 1 large packet
lime	½	1
baby spinach leaves	1 small packet	1 medium packet
garlic dip	1 medium packet	1 large packet
chicken breast strips**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3847kJ (919Cal)	703kJ (168Cal)
Protein (g)	52.1g	9.5g
Fat, total (g)	44.2g	8.1g
- saturated (g)	7.8g	1.4g
Carbohydrate (g)	76.3g	13.9g
- sugars (g)	11.8g	2.2g
Sodium (mg)	1610mg	294mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4594kJ (1098Cal)	650kJ (155Cal)
Protein (g)	84.6g	12g
Fat, total (g)	49.5g	7g
- saturated (g)	9.4g	1.3g
Carbohydrate (g)	77.1g	10.9g
- sugars (g)	12.6g	1.8g
Sodium (mg)	1692mg	239mg

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

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1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Slice **carrot** into half-moons.
- Place **carrot** and **peeled pumpkin pieces** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.
- Meanwhile, heat a large frying pan over medium-high heat. Toast **slivered almonds**, tossing, until golden, **3-4 minutes**. Transfer to a plate.

3



Cook the crumbed chicken

- In a shallow bowl, combine the **salt**, **plain flour** and **Aussie spice blend**, then season with **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs**.
- Coat **chicken breast strips** first in **flour mixture**, followed by the **egg** and finally the **breadcrumbs**.
- Return the frying pan to medium-high heat with enough **olive oil** to coat the base. When oil is hot, cook **crumbed chicken** until golden and cooked through, **3-4 minutes** each side. Transfer to a paper towel-lined plate.

Custom Recipe: If you've doubled your chicken breast strips, follow instructions as above. Cook chicken in batches for best results.

2



Cook the garlic couscous

- While the veggies are roasting, finely chop **garlic**.
- In a medium saucepan, heat the **butter** over medium-high heat. Cook **garlic** until fragrant, **1 minute**.
- Add the **water** and **chicken-style stock powder** and bring to the boil.
- Add **couscous** and stir to combine. Cover with a lid and remove from the heat. Set aside until the water has absorbed, **5 minutes**. Fluff up with a fork.

4



Serve up

- Meanwhile, cut **lime** into wedges. Roughly chop **baby spinach leaves**.
- Add roasted veggies, baby spinach, a squeeze of lime juice and a drizzle of olive oil to the couscous. Stir to combine and season to taste.
- Divide roast veggie couscous between bowls.
- Top with crumbed chicken strips.
- Garnish with toasted almonds. Serve with **garlic dip** and any remaining lime wedges. Enjoy!

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