



Quick Mediterranean Honey Chicken Bowl

with Israeli Couscous & Dill-Parsley Mayo

MEDITERRANEAN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Cucumber



Tomato



Israeli Couscous



Chicken-Style Stock Powder



Diced Chicken



Aussie Spice Blend



Baby Spinach Leaves



Dill & Parsley Mayonnaise



Beef Rump

Prep in: 15-25 mins
Ready in: 15-25 mins

Calorie Smart

Eat Me Early

Who doesn't love the signature combo of honey and succulent chicken. With tender pearls of Israeli couscous to soak up all the flavour and a herby hit of dill-parsley mayonnaise, it'll make for a meal that you won't be able to resist!

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

Pantry items

Olive Oil, Honey, White Wine Vinegar

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

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cucumber	1 (medium)	1 (large)
tomato	1	2
Israeli couscous	1 packet	2 packets
chicken-style stock powder	1 medium sachet	1 large sachet
diced chicken	1 medium packet	2 medium packets OR 1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
honey*	1 tsp	2 tsp
baby spinach leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle
dill & parsley mayonnaise	1 medium packet	1 large packet
beef rump**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2027kJ (484Cal)	553kJ (132Cal)
Protein (g)	40.9g	11.2g
Fat, total (g)	16.7g	4.6g
- saturated (g)	2.4g	0.7g
Carbohydrate (g)	41.1g	11.2g
- sugars (g)	7.6g	2.1g
Sodium (mg)	1159mg	316mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2184kJ (521Cal)	595kJ (142Cal)
Protein (g)	39.4g	10.7g
Fat, total (g)	21.8g	5.9g
- saturated (g)	5.7g	1.6g
Carbohydrate (g)	40.4g	11g
- sugars (g)	6.8g	1.9g
Sodium (mg)	1171mg	319mg

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

2024 | CW10



1



Cook the Israeli couscous

- Boil the kettle. Roughly chop **cucumber** and **tomato**.
- In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat. Toast **Israeli couscous**, stirring occasionally, until golden, **1-2 minutes**.
- Half-fill saucepan with boiling water, then add a pinch of **salt**. Bring to the boil, then simmer, uncovered, until tender, **10-12 minutes**.
- Drain and return to the pan, then add **chicken-style stock powder** and a drizzle of **olive oil**.

3



Bring it all together

- Add **baby spinach leaves** to the **couscous**, along with **cucumber**, **tomato** and a drizzle of **white wine vinegar** and **olive oil** and toss to coat. Season to taste.

2



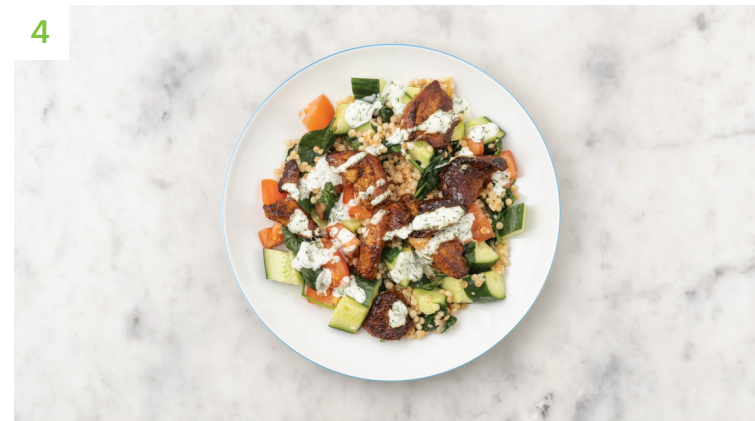
Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **diced chicken** and **Aussie spice blend**, tossing, until browned, **6-8 minutes**.
- Remove from the heat, then add the **honey** and toss **chicken** to coat.

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

Custom Recipe: If you've swapped to beef rump, place beef between two sheets of baking paper. Pound beef with a meat mallet or rolling pin until slightly flattened. Sprinkle over Aussie spice blend, and season with salt and pepper. Heat frying pan as above. When oil is hot, cook beef, turning, for 5-6 minutes (depending on thickness), or until cooked to your liking. Remove from heat, add the honey and turn to coat. Transfer to a plate to rest.

4



Serve up

- Divide Israeli couscous salad between plates.
- Top with honey chicken.
- Drizzle over **dill & parsley mayonnaise** to serve. Enjoy!

Custom Recipe: Slice beef rump to serve.

Rate your recipe

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