

# Sweet-Sticky Chicken & Garlic Couscous

with Apple Slaw & Japanese Mayo

Grab your Meal Kit  
with this symbol



Garlic



Couscous



Apple



Chicken Thigh



Mayonnaise



Japanese Dressing



Seasoning Blend



Sweet Chilli  
Sauce



Shredded Cabbage  
Mix




Parsley

## Recipe Update

We've replaced the jasmine rice in this recipe with couscous due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: **30-40 mins**  
Ready in: **35-45 mins**

 Eat Me Early

Sweetly glazed chicken bites are popping with flavour in a bowl that's already got the aromas of garlic couscous. If that still isn't enough, a Japanese mayo may be the thing to tick all your tasty boxes. We'll let you give it a try and find out.

## Pantry items

Olive Oil, Soy Sauce, Vinegar (White Wine or Rice Wine)



## 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 with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
couscous	1 large packet	2 large packets
<b>water*</b>	1½ cups	3 cups
apple	1	2
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
mayonnaise	1 medium packet	1 large packet
Japanese dressing	1 packet	2 packets
seasoning blend	½ sachet	1 sachet
sweet chilli sauce	1 medium packet	1 large packet
<b>soy sauce*</b>	1 tbs	2 tbs
shredded cabbage mix	1 medium packet	1 large packet
<b>vinegar*</b> (white wine or rice wine)	drizzle	drizzle
parsley	1 packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3467kJ (829Cal)	750kJ (179Cal)
Protein (g)	37.3g	8.1g
Fat, total (g)	39.2g	8.5g
- saturated (g)	12.2g	2.6g
Carbohydrate (g)	87.1g	18.8g
- sugars (g)	22.2g	4.8g
Sodium (mg)	1969mg	426mg

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.

1



## Make the garlic couscous

- Finely chop **garlic**. In a medium saucepan, heat a drizzle of **olive oil** over medium heat.
- Add **garlic** and cook until fragrant, **1-2 minutes**. Add the **water** and bring to the boil. Add **couscous** and stir to combine.
- Cover with a lid and removed from heat. Set aside until the water has absorbed, **5 minutes**. Fluff up with a fork and season to taste.

2



## Get prepped

- Meanwhile, thinly slice **apple** into sticks. Cut **chicken thigh** into 2cm chunks.
- In a small bowl, combine **mayonnaise** and **Japanese dressing**. Set aside.
- In a medium bowl, add **seasoning blend (see ingredients)** and a drizzle of **olive oil**. Add **chicken** and toss to coat.

3



## Cook the chicken

- Heat a large frying pan over high heat with a drizzle of **olive oil**.
- When oil is hot, cook **chicken**, tossing occasionally, until browned, **5-6 minutes**.

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

4



## Glaze the chicken

- Add **sweet chilli sauce** and the **soy sauce** to the pan and toss chicken to coat, **1 minute**.

5



## Toss the slaw

- Meanwhile, combine **shredded cabbage mix**, **apple** and drizzle of **vinegar** in a second medium bowl.

6



## Serve up

- Divide garlic couscous between bowls. Top with apple slaw and sweet and sticky chicken.
- Serve with Japanese mayo. Tear over **parsley** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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