



Herby Chicken & Broccoli Couscous Bowl

with Dill-Parsley Mayonnaise & Chilli Flakes

MEDITERRANEAN

NEW

Grab your Meal Kit with this symbol



Garlic



Courgette



Broccoli Florets



Garlic & Herb Seasoning



Diced Chicken



Chicken-Style Stock Powder



Couscous



Baby Leaves



Dill & Parsley Mayonnaise



Chilli Flakes (Optional)



Diced Chicken

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



Calorie Smart*
*Custom Recipe is not Calorie Smart

Eat Me Early

Savour the wholesome goodness of this culinary delight, that's as good for the body as it is the soul. Perfectly-seasoned, juicy chicken sits atop a bed of fluffy couscous, with plenty of veg tossed through. Sprinkle on a pinch of chilli flakes if you're feeling adventurous!

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 hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
courgette	1	2
broccoli florets	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
diced chicken	1 medium packet	2 medium packets OR 1 large packet
water*	¾ cup	1½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
honey*	1 tsp	2 tsp
baby leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle
dill & parsley mayonnaise	1 medium packet	1 large packet
chilli flakes (optional)	pinch	pinch
diced chicken**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2408kJ (576Cal)	522kJ (125Cal)
Protein (g)	45.6g	9.9g
Fat, total (g)	22.3g	4.8g
- saturated (g)	2.8g	0.6g
Carbohydrate (g)	45.2g	9.8g
- sugars (g)	8.8g	1.9g
Sodium (mg)	1105mg	240mg
Dietary Fibre (g)	7.5g	1.6g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3065kJ (733Cal)	502kJ (120Cal)
Protein (g)	79.1g	12.9g
Fat, total (g)	24.7g	4g
- saturated (g)	3.5g	0.6g
Carbohydrate (g)	46g	7.5g
- sugars (g)	9.6g	1.6g
Sodium (mg)	1166mg	191mg
Dietary fibre	7.5g	1.2g

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://www.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



Get prepped

- Finely chop **garlic**. Thinly slice **courgette** into half-moons. Cut any larger **broccoli florets** in half.
- In a medium bowl, combine **garlic & herb seasoning** and a drizzle of **olive oil**. Add **diced chicken** and toss to combine.

Custom Recipe: If you've doubled your diced chicken, flavour in a large bowl. Cook chicken in batches for best results.



Cook the chicken

- Meanwhile, heat a large frying pan over high heat with a drizzle of **olive oil**. When oil is hot, cook **chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**.
- Remove pan from heat, add the **honey** and turn **chicken** to coat.

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



Make the couscous

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **broccoli florets** and **courgette**, tossing, until tender, **6-7 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**. Add the **water** and **chicken-style stock powder** and bring to boil. Add **couscous** and stir to combine.
- Cover with a lid and remove from heat. Set aside until water has absorbed, **5 minutes**. Fluff up with a fork.



Serve up

- Add **baby leaves** and a drizzle of **white wine vinegar** to pan with couscous. Toss to combine. Season with **salt** and **pepper** to taste.
- Divide broccoli couscous between bowls. Top with herby chicken.
- Drizzle over **dill & parsley mayonnaise**. Garnish with a pinch of **chilli flakes** (if using) to serve. Enjoy!

Rate your recipe

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