



Quick Herby Chicken & Cheesy Veggie Couscous with Lemon Mayo Drizzle

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Parsnip



Carrot



Chicken Breast



Garlic & Herb Seasoning



Chicken-Style Stock Powder



Pearl Couscous



Lemon



Mayonnaise



Baby Leaves



Grated Parmesan Cheese



Chicken Breast

Recipe Update

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

Prep in: 15-25 mins
Ready in: 25-35 mins



Calorie Smart*
**Custom Recipe is not Calorie Smart*



Eat Me Early

Tonight, we've got fragrant chicken sprinkled with herbs and garlic and it's calling our name. We're going to answer that call with a colourful pearl couscous, popping with veggies and a sprinkling of Parmesan cheese. When it all combines, you're in for an explosion of flavour!

CUSTOM RECIPE

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

Pantry items

Olive Oil

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

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
parsnip	1	2
carrot	1	2
chicken breast	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
water*	¾ cup	1½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
pearl couscous	1 packet	2 packets
lemon	½	1
mayonnaise	1 medium packet	1 large packet
baby leaves	1 medium packet	1 large packet
grated Parmesan cheese	1 medium packet	1 large packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2684kJ (641Cal)	563kJ (135Cal)
Protein (g)	52.1g	10.9g
Fat, total (g)	24.2g	5.1g
- saturated (g)	5.7g	1.2g
Carbohydrate (g)	52.6g	11g
- sugars (g)	9.6g	2g
Sodium (mg)	1331mg	279mg
Dietary Fibre (g)	8.4g	1.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3456kJ (826Cal)	528kJ (126Cal)
Protein (g)	91g	13.9g
Fat, total (g)	27.5g	4.2g
- saturated (g)	6.7g	1g
Carbohydrate (g)	53.6g	8.2g
- sugars (g)	9.8g	1.5g
Sodium (mg)	1466mg	224mg
Dietary fibre	8.4g	1.3g

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



2024 | CW24



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **parsnip** and **carrot** into 2cm chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, spread out evenly and roast until tender, **15-20 minutes**.



Cook the chicken

- Heat a large frying pan with a drizzle of **olive oil** over medium-high heat. Cook **chicken** in batches, until cooked through (when no longer pink inside), **3-5 minutes** (depending on thickness).
- Cut **lemon** into wedges. In a small bowl, combine **mayonnaise** and a squeeze of **lemon juice**. Roughly chop **baby leaves**.
- Add **baby leaves, roasted veggies** and **grated Parmesan cheese** to the **couscous**. Season and stir to combine.



Make the couscous & prep the chicken

- Meanwhile, in a medium saucepan, heat a drizzle of **olive oil** over medium-high heat. Toast **pearl couscous**, stirring occasionally, until golden, **1-2 minutes**.
- Add the **water** and **chicken-style stock powder**. Bring to the boil, then cook, uncovered on medium-high heat, stirring occasionally until tender and the water is absorbed, **10-12 minutes**.
- Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **chicken** and **garlic & herb seasoning**. Drizzle with **olive oil** and toss to coat.

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



Serve up

- Slice chicken.
- Divide cheesy veggie couscous between bowls.
- Top with garlic and herb chicken. Pour over any resting juices.
- Drizzle over lemon mayo and serve with any remaining lemon wedges. Enjoy!

Rate your recipe

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