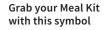


Quick Herby Chicken & Cheesy Veggie Couscous

with Lemon Mayo Drizzle

NEW

CLIMATE SUPERSTAR













Seasoning

Chicken Breast



Chicken-Style



Pearl Couscous

Stock Powder



Lemon





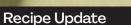
Baby Leaves



Mavonnaise

Cheese





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

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!

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

ingi edients			
	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	1/2	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		

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

The quantities provided above are averages only.

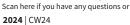
Allergens

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





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 mintues.
- 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

Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate

