



# Honey Chicken & Israeli Couscous Bowl

with Dill-Parsley Mayonnaise

MEDITERRANEAN

CLIMATE SUPERSTAR

Grab your meal kit with this number

42



Cucumber



Tomato



Israeli Couscous



Chicken-Style Stock Powder



Diced Chicken



Garlic & Herb Seasoning



Baby Leaves



Dill & Parsley Mayonnaise



Beef Rump



Diced Chicken

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

Calorie Reduced

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!

### Pantry items

Olive Oil, Honey, White Wine Vinegar

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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
<b>olive oil*</b>	refer to method	refer to method
cucumber	1 (medium)	1 (large)
tomato	1	2
Israeli couscous	1 medium packet	2 medium packets
chicken-style stock powder	1 medium sachet	1 large sachet
diced chicken	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
<b>honey*</b>	1 tsp	2 tsp
baby leaves	1 small packet	1 medium packet
<b>white wine vinegar*</b>	drizzle	drizzle
dill & parsley mayonnaise	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2096kJ (501Cal)	473kJ (113Cal)
Protein (g)	41.4g	9.3g
Fat, total (g)	16.7g	3.8g
- saturated (g)	2.4g	0.5g
Carbohydrate (g)	44.3g	10g
- sugars (g)	9.3g	2.1g
Sodium (mg)	1099mg	248mg
Dietary Fibre (g)	3.9g	0.9g

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



## 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 **couscous** to the pan, then add **chicken-style stock powder** and a drizzle of **olive oil**.

3



## Bring it all together

- Add **baby 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

- Meanwhile, heat a large frying pan over high heat with a drizzle of **olive oil**. When oil is hot, cook **diced chicken** and **garlic & herb seasoning**, tossing, until browned and cooked through, **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.

4



## Serve up

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

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW25



## CUSTOM OPTIONS



### SWAP TO BEEF RUMP

Cook, turning, for 4-6 minutes for medium.



### DOUBLE DICED CHICKEN

Follow method above, cooking in batches if needed.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

